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GOOD THINGS TO EAT
AND HOW TO PREPARE THEM

GOOD THINGS TO EAT

and

How to Prepare Them

MORE THAN TWO HUNDRED AND FIFTY
CHOICE RECIPES COMPILED ESPECIALLY
FOR CUSTOMERS AND FRIENDS OF THE
LARKIN CO., BY THE LARKIN KITCHEN-
LABORATORY DEPARTMENT

FOURTEENTH EDITION
REVISED . . . 1914

Price, 15 Cents

Larkin Co.
PURE FOOD SPECIALISTS

Established, 1875

Buffalo, N. Y.

EASTERN AND WESTERN BRANCHES:

NEW YORK

BOSTON

PHILADELPHIA

CLEVELAND

CHICAGO

PEORIA

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THE VALUE OF FOOD

A LITTLE GIRL was once asked why she ate? She replied, "There are a lot of little stoves in my stomach in which the fires need to be kept burning, so I will be warm." This little girl of eight summers had the right theory dimly in mind when she made this reply.

When we ask ourselves, "Why do we eat?" we often carelessly reply, "To be fed." What does this mean to us? Hutchinson says: "Food is anything which, when taken into the body is capable of either repairing its waste, or of furnishing it with material from which to produce heat, or nervous and muscular work."

The comparison of the body—the living physical machine—to a locomotive is an old one, but let us use it again. The locomotive is built for one purpose, to haul cars over two steel rails for the convenience of man. The sight of one, puffing and screeching, with its great load of cars behind it, fills one with amazement at its complexity and power; yet it is but one of many wonderful inventions accomplished by man. Much more complex and powerful is he. How carefully an engineer chooses the fuel and lubricants to be used. How much more carefully should man choose his food.

The analogy is evident in the material structure; in the fuel, in the form of coal, coke and oil; in the air, which supplies the needed oxygen for combustion; in the water supply, to be converted into steam; in the waste, in the form of cinders, ashes, gases; in the potential energy, or power to move, which gives the machine its place of worth in the world's progress.

In the human body we have all this and more—the material structure; the fuel, food; air, furnishing the combustible force of the blood; the water supply, furnishing the needed moisture; the excretions in various forms; the

potential energy, in the form of heat, repair, growth, motion, power to do—in truth, power to live.

The man in control of the engine knows that a coal free from dirt and slate makes a hotter fire, generating more energy with less wear upon the machine itself. The same thing is true about the lubricants; these are chosen very carefully, because foreign substances scratch and wear the metal.

These same things are true with the human machine—food, the fuel, should be chosen with still greater care. In these days of adulterations, it is not always easy for the housekeeper, without a knowledge of chemistry, to know when she is getting a pure food. There is one great remedy for this—buy your supplies from a firm in whom your confidence is well placed.

The influence of food upon our lives is much greater than many realize. Being the fuel from which energy is generated, it must be of the right value to furnish sufficient power for our differing needs.

A baby can live entirely upon milk, which is a type of perfect food balance. As activity increases, heavier foods must be eaten, but the same balance must be maintained.

Balance means a proper proportion of the five classes of food: nitrogenous, carbohydrates, fats, mineral matter, water. These are the principles contained in all foods.

Much pains should be taken to work out a satisfactory diet, because one must manufacture one's own energy; it cannot be given to him, but must be developed from the food eaten.

Proper preparation is the final thing to be considered. No matter how carefully the food materials may be purchased or how thoughtfully the amount of proteid or starch may be proportioned, if the cook fails to combine the materials well and put before one dainty, appetizing dishes, the results will be poor—owing to one's keen appreciation and sympathy.

“Let us live well, simply, economically, healthfully and artistically.”

THE DINING-ROOM

"ON HOSPITABLE THOUGHTS INTENT."

ONE of the most important rooms in the home is the dining-room as it is the room in which the housekeeper and home-maker show their greatest skill. It is also the room from which the man of the house goes directly to his daily task, and the remembrance of a bright, attractive room, with a breakfast well cooked and properly served, will greatly relieve the pressure of a severe day's work.

When the day is done, it is into this room he returns for his dinner or supper, and again a cheerful, well-kept room will do much to make home the happiest place in the world, as it should be.

It is not essential to have the furniture the most expensive in the market, let it be simple. The principal piece should be an extension table, either square or round. The chairs should be alike. A sideboard, as well as a china cabinet and a serving-table are desirable. If possible, the floor should be of hard wood, or if not, painted. By all means, use a rug for the floor.

SETTING THE TABLE

First put a silencer or pad on the table. Under this some people often put a sheet of asbestos to keep the heat from injuring the polish of the table. Over the pad lay the cloth carefully, making sure it is perfectly even.

On the right of the plate place the knives in the order in which they are to be used, with their edges turned toward the plate, the soup spoon, and the napkin, folded squarely with the open corner at the lower left hand.

At the left of the plate place the forks with the tines turned up, ranging from the outside in,



Detail of Cover



A DINING-ROOM
FURNISHED WITH LARKIN PREMIUMS



A PROPERLY SET TABLE

according to the courses to be served. The glass should be placed at the right just above the knife, in line with the plate, and if a bread-and-butter plate is used, it should be at the left just above the forks. Salts and peppers should be placed, one set for two people.

A few flowers add greatly to the general attractiveness of the table.

TABLE LINEN

It matters not how plain the table service; if it is clean and spotless, it will be pleasing. The tablecloth should be sufficiently large to extend over each end at least eighteen inches and twelve inches on the sides. The table linen should be all white. To protect your cloth have a carving cloth in front of the carver, and a tea cloth before the person who pours the tea and coffee.

CHINA

The needs and inclination of individual households differ regarding china. The fondness for pretty pieces and the ability to gratify it are the modifying elements, but there is one thought to be ever kept in mind: never use a broken, cracked, or nicked dish on the table.

GLASSWARE

Glasses for water should be thin and clear, as water tastes much better from such a glass. Cut glass may be added as people are able to acquire it.

SILVER

The use of silver adds much to the appearance of a table, but like cut glass, is not essential, with the exception of knives, forks and spoons. However, if you are the possessor of a silver service, and you can easily be, use it, keeping it clean and bright. It is much more attractive on a well-ordered table than on a sideboard.



ARRANGING THE TABLE

Ordinarily the wife or hostess sits at the head, with the husband or host at the foot of the table, the other members

of the family occupying seats at the sides. When a guest is at table, if a lady, she may occupy the seat at the right of the host ; if a gentleman, the one at the right of the hostess.

THE MEALS

BREAKFAST

In many families, fruit is served for the first course, as in some form it is now procurable during the entire year.

Following this should come a well-cooked cereal ; then rolls, toast or popovers, with some eggs simply cooked. To these may be added a cup of coffee, tea or cocoa. Have the meal simple, but warm and appetizing.

DINNER

Whether dinner is served at noon or at night, it is the hearty meal of the day. It should consist of at least three simple courses, but often includes five or six. A dinner of three courses should consist of soup, meats with vegetables, dessert. The soup should be light ; the vegetables accompanying the meat should never be more than two, a starchy one and a green vegetable served as a salad ; a light dessert and a cup of coffee. This may be enlarged to suit the occasion, but a careful balance should be kept.

LUNCHEON

Many people prefer having dinner at night. In that case, a simple meal is served at noon.

SUPPER

This is the light meal of the day when the midday meal is the heavy one, and it usually consists of a simple warm dish, bread and butter, fruit and cake, with tea or cocoa.

THE MENU

THE attractive dining-table with its bright silver, pretty china and spotless linen is very important, but the meals served upon it are of greater account.

The menu must be carefully planned, the food carefully cooked and served, to be of the most value to the participants.

It is not the purpose of this little book to tell you why certain combinations produce certain results, but to give you some recipes that will help you to use Larkin Products well. We have prepared the formulas with as much care as we have chosen the standard of the products, and you will find them of great help.

In all work in cookery, more and more attention is paid to exact measurement. We know that cooking is a chemical process, because it is the combination of certain materials, submitted to varying degrees of heat to change them so that they may be more easily digested. In all forms of cookery, this is the underlying thought—cooking is done that food may be more easily digested or assimilated.

Because cooking is a chemical process, we know that it must be exact, and each step as well; the measurement, the combining of ingredients, the heat, and the time allowance. These are the elements that enter into successful cooking. If you have the “knack,” so much the better, but one need not be “born a cook,” as the old saying goes, to make a success of the work, if one is willing to learn as one learns other things essential to happiness.

PROCESSES AND EXPLANATION OF TERMS

"WHAT DOES COOKING MEAN? SOMETHING GOOD TO EAT."—*Ruskin.*

Measurements. A scale is not absolutely needful, but is very useful, and we advise the Family Scale No. 310, which is one of our Premiums.

The cup referred to in all recipes is the measuring-cup, divided into quarters, thirds and halves. It is the cup recognized by all cooking teachers and cooks of authority. The cup contains half a pint—two gills—of liquid, or half a pound of granulated sugar or butter.



Measuring-Cup

A tablespoon, holding half an ounce of sugar or butter, level measurement, and a teaspoon level full, holding sixty drops, are the standards of measurement.

Flour is measured after sifting *once* and is put into the cup with a spoon, and a level cup is meant. A tablespoonful or a teaspoonful is measured level.



Spoonful

Half a tablespoonful or teaspoonful is obtained by equally dividing a spoonful, lengthwise of the spoon.



Half Spoonful

A quarter tablespoonful or teaspoonful is measured by equally dividing a half spoonful crosswise.



Quarter Spoonful

COMBINING INGREDIENTS

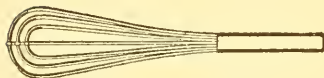
Stirring. Done by moving a spoon or knife horizontally round and round in widening circles until the ingredients are blended thoroughly.

Beating. Done by striking the mixture vertically in long strokes, cutting through the entire mixture each time. Stirring is done simply to blend ingredients, while beating is done to incorporate into the mixture all air possible.

Cutting and Folding. These are the terms used to express the incorporating of whites of eggs or cream, stiffly beaten, into another mixture without the loss of the air already contained in the eggs or cream. It is done by carefully cutting through to the bottom of the dish and folding the mixture over the eggs until they are thoroughly blended.

Cooking Over Hot Water. The food is cooked in a vessel which does not come in direct contact with the source of heat ; boiling water intervenes. The double-boiler is the proper utensil.

Larding. Remove the rind from salt pork and cut the fat into threads a fourth of an inch square and two or three inches long. These must be cold when used. Put in a larding needle and take stitches into the meat to be larded, one-half inch deep and one inch apart. Larding greatly improves the flavor of such meats as veal and liver.



Baker's Whisk

Beating Eggs. When eggs are used to add lightness as well as to enrich food, they should be beaten stiff. Several forms of beaters are used. If a close texture is desired, use a Dover beater ; if a looser texture, use the Baker's whisk or the flat beater.

Combined
Churn Beater
and Measuring-
Glass.

Beating Cream. To be whipped or beaten well, cream must be what is known as double cream, that is, the cream from milk which has stood twenty-four hours. This can be beaten stiff in a very few minutes, if chilled, with any beater, but the best results will be obtained by the use of the churn beater. A much closer texture results from its use.

Dover
Beater.

Blanching Almonds or Other Nuts. Shell the nuts and pour boiling water over the meats. Allow them to stand five minutes. Drain, cover with cold water, and the skins will come off easily by pressure between the fingers.

Caramelizing Sugar. To make caramel for ice-cream or custard, put the required amount of sugar into a small granite saucepan over the fire, stir constantly until melted and pour at once into the mixture to be flavored.

TERMS USED IN THE COOKING OF MEATS

Roasting and Baking. All methods of cooking are derived from these because these were the primitive ways in which heat was applied to food. Roasting, with its modifications, is the direct application of heat. This means the searing of the flesh on all sides, to close the pores so the juices do not escape, before the meat is cooked throughout. In our homes this is done in the oven, as the modern oven can be regulated so as to have a high temperature until the meat is seared and then the heat lowered until the entire joint is cooked. In the present time, roasting and baking as applied to meat, are synonymous terms.

Broiling. This is one of the modifications of early roasting. It is exposing a slice or thin cut of meat to the direct rays of heat, which thoroughly cooks the outside and should but delicately cook the inside.

Pan Broiling. Is cooking by means of a heated metal. Rub the surface of a very hot iron frying pan with a bit of fat; put in the meat and turn it constantly, keeping the pan very hot.

Sauteing. This is really what many of us regard as frying. It is putting chops or the like into a pan and allowing them to cook in their own fat. Some of the fat should be first heated in the pan.

Frying. This method of cooking is the immersion of the articles to be cooked in deep fat, heated smoking hot. Fat is hot enough to be used when a bit of dry bread thrown into it will brown at once. Do not make the mistake of

using the fat before it is sufficiently heated, as the fats or oil will saturate the articles, making them unfit to eat. At the proper temperature, fish and fritters may be cooked simultaneously in the same fat without injuring the flavor of either.

Frying with Olive Oil. There is no medium for frying so good as olive oil. All the unpleasant fumes of natural fat are avoided. For croquettes, for an ordinary family of six, use one-half pint of olive oil. Put this into a deep saucepan and heat until a blue smoke is given off. Place the croquettes in a frying-basket and plunge the basket into the hot oil. If the fat is of the correct temperature, no grease will be absorbed by the croquettes. When the process of frying is finished, pour the heated oil through an ordinary unglazed paper or a cheese-cloth. This will strain all foreign particles from the oil, and it can be used again and again without appreciable loss.

Boiling. This is the application of heat through the medium of boiling water. Water boils at 212° Fahrenheit. Starchy foods and some vegetables should be cooked in rapidly boiling salted water. Meat, however, if you wish to retain the juices within it, should be plunged into the boiling water to sear the outside, which is the same principle used in roasting, then the temperature lowered so as not to harden the albumen of the meat, making it insoluble and so indigestible.

Stewing. In order to draw the juices and gelatinous substances into the liquid, the meat is cooked in water sufficient to cover it and not allowed to reach the boiling point at any time, gently simmering throughout the cooking. This is a method that is greatly varied by the flavorings and seasonings added.

Braising. To braise is to combine a saute and a stew. The meat, cut in small pieces, is seared over in hot fat in a pan or casserole, and then a small portion of water added and kept at the simmering point until thoroughly cooked.

TABLES OF PROPORTIONS, WEIGHTS, MEASURES, TIME

"KNOW THE VALUE OF TIME."

PROPORTIONS

- 1 measure of liquid to 1 measure of flour for pour batter.
- 1 " " " " 2 measures " " " drop batter.
- 1 " " " " 3 " " " doughs.
- 1 teaspoon of Larkin Soda to pint thick sour milk.
- 1 " " " " " one cup of molasses.
- $\frac{1}{4}$ " " " Table Salt to one quart of milk for custards.
- $\frac{1}{4}$ " " " " " one cup of soup or sauce.
- $\frac{1}{4}$ " " " " " one pint of flour.
- $\frac{1}{2}$ " " " Flavoring Extract for a medium sized cake.
- 1 " " " " " to one quart of custard or cream.
- 1 dessert spoon of Larkin Flavoring Extract to one quart of mixture to be frozen.
- $\frac{2}{3}$ cup of sugar to a quart of milk.
- 4 eggs to a quart of milk for plain cup custards.
- 2 dessert spoons of Larkin Gelatine to pint of liquid.
- 8 " " (pkg.) " " " two quarts of liquid.
- Meat from a $3\frac{1}{2}$ lb. chicken equals about one pint of meat cut for salad.

WEIGHTS AND MEASURES

- | | |
|--|--|
| 4 teaspoons of liquid, | = 1 tablespoon. |
| 4 tablespoons of liquid, | = $\frac{1}{2}$ gill or $\frac{1}{4}$ cup. |
| $\frac{1}{2}$ cup, | = 1 gill. |
| 2 gills, | = 1 cup. |
| 2 cups, | = 1 pint. |
| 4 cups (2 pints), | = 1 quart. |
| 4 cups of flour, | = 1 " or 1 pound. |
| 2 " " butter, | = 1 pound. |
| $\frac{1}{2}$ cup of butter, | = $\frac{1}{4}$ pound or 4 ounces. |
| 2 cups of granulated sugar, | = 1 pound. |
| $2\frac{1}{2}$ cups of powdered sugar, | = 1 " |
| 1 pint of water or milk, | = 1 " |
| 4 tablespoons of coffee, | = 1 ounce. |

TIME FOR ROASTING OR BAKING

MEATS AND FISH

Beef Ribs, rare, per pound,	8 to 10 minutes.
“ “ well done, per pound,	12 “ 16 “
“ “ rolled, rare, per pound,	12 “ 15 “
“ Fillet, rare, per pound,	20 “ 35 “
Mutton (leg), well done, per pound,	14 minutes.
“ (shoulder), “ “ “ “	13 “
Lamb, well done, per pound,	15 to 18 minutes.
Pork, “ “ “ “	20 minutes.
Chicken, per pound,	15 or more minutes.
Turkey, 8 to 10 pounds,	3 hours.
Goose, “ “ “ “	2½ hours.
Ham,	4 to 6 hours.
Fish (large and whole),	1 hour or more.
Small Fish,	20 to 30 minutes.
Baked Beans (Boston),	6 to 8 hours.

BRILLING

Steak one inch thick,	4 to 10 minutes.
“ 1½ “ “	8 “ 15 “
Lamb or Mutton Chops,	6 “ 10 “
Spring Chicken,	20 minutes.
Slices of fish,	12 to 15 minutes.

FRYING

Croquettes or Fish Balls,	1 minute.
Breaded Chops,	5 to 8 minutes.

BOILING MEATS AND FISH

Fresh Beef,	4 to 6 hours.
Corned Beef,	4 “ 8 “
“ Tongue,	3 “ 4 “
Leg or Shoulder of Mutton,	3½ to 5 hours.
“ “ “ “ Lamb,	2 to 3 hours.
Turkey, per pound,	15 “ 18 minutes.
Fowl, 4 to 5 pounds,	2 “ 4 hours.
Chicken, 3 pounds,	1 “ 1½ hours.
Ham,	4 “ 6 hours.
Lobster,	20 “ 30 minutes.
Codfish, per pound,	6 minutes.
Salmon, whole or large cut,	10 to 15 minutes.
Clams and Oysters,	3 “ 5 minutes.
Braised Meats,	3 “ 5 hours.

COOKING OF VEGETABLES

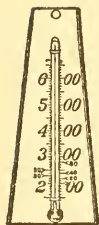
Asparagus,	20 to 25 minutes.
Beans (string),	1 to 2 hours.
Beets (new),	$\frac{3}{4}$ to 1 hour.
" (old),	4 to 6 hours.
Beet Greens,	1 hour or more.
Brussel Sprouts,	15 to 20 minutes.
Cabbage,	$\frac{1}{2}$ to 1 $\frac{1}{2}$ hours.
Carrots,	1 hour or more.
Cauliflower,	20 to 30 minutes.
Celery,	2 hours.
Corn,	10 to 20 minutes.
Macaroni,	20 " 30 "
Onions,	$\frac{3}{4}$ " 2 hours.
Parsnips,	$\frac{1}{2}$ " $\frac{3}{4}$ hour.
Peas,	$\frac{1}{2}$ " 1 hour.
Potatoes (white),	20 " 30 minutes.
" (sweet),	15 " 25 "
Rice,	20 " 30 "
Squash,	30 " 45 "
Spinach,	15 " 20 "
Tomatoes (stewed),	15 " 20 "
Turnips,	30 " 45 "

MISCELLANEOUS

Loaf Bread (1 pound),	40 to 60 minutes.
Rolls, Biscuit,	10 " 30 "
Muffins,	20 " 25 "
Popovers,	30 "
Sponge Cake (loaf),	40 " 60 "
Layer Cake,	15 " 20 "
Fruit,	2 " 3 hours.
Small Cakes,	15 " 20 minutes.
Custards,	20 min. to 1 hour.
Steamed Brown Bread,	3 hours.
Steamed Puddings,	1 to 3 hours.
Pie Crust,	30 " 45 minutes.
Potatoes,	30 " 45 "
Scalloped or au Gratin Dishes,	10 " 20 "
Timbales,	20 " 25 "

TEMPERATURE

MUCH of the success in preparing food depends on the temperature to which it is subjected. The degree of heat necessary to cook certain meats, for instance, would ruin bread and cake.



Oven
Thermometer

The expressions, a "fast" or "quick" oven, a "moderate" oven, a "slow" oven are often seen, and many of us guess what they mean, but unless we use a thermometer we never can tell accurately. Good thermometers, one for the oven and one that can be used in liquids, cost very little, and pay for themselves quickly in the quality of flavor of the foods.

Using a Fahrenheit Thermometer, it should register :

For Baking Potatoes—300° for 45 minutes.

For Boiling Meats—212° for five minutes, and 180° for the remaining time of cooking.

For Stews—180°.

For Roast Turkey or Chicken—400° for 30 minutes and 280° for remaining time.

For Roast Duck—360° for 30 minutes, and 230° for remaining time.

For Roasts (of all meats)—400° for 30 minutes, and 260° to finish.

For Bread in one-pound loaves—300° for ten minutes, and 260° for fifty minutes.

For Pastry—360°.

For Muffins—360°.

For Cakes without Butter—300° to 360°.

For Angel Foods—230° to 260°.

For Cakes with Butter—230° to 250°.

For Fruit Cake—220° to 260°.

For baking with gas, deduct twenty degrees from above table.



Glass Fahrenheit
Thermometer for
testing Liquids

SOUPS

"WHAT A CLEAR WAY YOU HAVE OF PUTTING THINGS."—*Carroll.*

SOUPS are classified in two or three ways. They are made with or without meat. If of meat, they are named from the flavoring of the more distinct vegetable, or according to their consistency, whether thick or thin.

There are a few general rules that cover all soups made from stock. The chief object of making stock is to obtain in the quickest manner the largest possible amount of nutriment from the cheapest cuts of meat.

Cut the meat into small pieces and let stand in cold water before heating, to extract all nutriment. Cold water dissolves the juices, while hot water hardens the albumen and prevents the escape of the juices into the liquid. Put the cold water and meat on top of stove and heat, keeping it at the simmering point, but do not boil. Make the stock the day before using, when possible, that the excess of fat, that is, the fat which is not emulsified in the stock, may be removed. Meats used in making stock must contain these essentials: the gelatine of the bones; tendonous and gristly portions; osmazome, the flavoring of the meat; a small amount of fat, and the alkaline and acid salts of the blood and flesh juices.

Beef, mutton, veal and poultry may be used separately or together, but in a mixture avoid a large amount of mutton, owing to its strong flavor.

CLEAR SOUP

Clear Soup is made from a shin of beef, or from beef and veal. Crack the bones, and cut the meat into fine pieces. Cover with cold water in the proportion of one quart of water to a half pound of meat and bone. Bring to the simmering-point and keep it at that temperature for several hours. To have good clear soup, the temperature must be kept even. If the water boils vigorously, the



gelatines of the meat do not dissolve and so a portion of the good is lost. It is a mistake to skim off the scum during the cooking, because this is a needful part of the meat. Cool and skim off the fat. Re-heat, adding the flavorings: an onion, with a few cloves stuck into it, a small carrot chopped fine, a teaspoon of celery seed, a teaspoon of Larkin Black Pepper, two tablespoons of Larkin Table Salt. To make perfectly clear, add the white and shell of an egg, remembering that the soup must be cold when these are added. Bring only to the boiling point, strain and serve.

This process is the basis of all soups made from meat, no matter what kind, and the stock thus made can be kept for several days.

VEGETABLE SOUP

Chop and cook a choice of vegetables: cabbage, carrot, potato, turnip, tomato. Cook these vegetables in boiling salted water and add to the stock.

TOMATO SOUP

Into a skillet put two tablespoons of butter and melt. Add to this an onion sliced, and fry until the onion is cooked. Remove the onion and into this fat blend two tablespoons of flour. Add the strained juice of one-quart can of tomatoes, which has been heated. Season with salt and pepper. Add one pint boiling water.

TOMATO BISQUE

Blend two tablespoons of butter melted with the same quantity of flour. Thin this with a pint of hot milk or cream. Add a pint of hot strained tomato.

CREAM OF CELERY

Cook one cup of finely cut celery in a pint of water. Then mash through a colander and add one pint of milk, one-half pint of cream, one-fourth teaspoon of Larkin White Pepper, two teaspoons of Larkin Table Salt. Do not let boil after the cream is added but heat thoroughly.

Any vegetable can be made into a cream soup in this same proportion.

SOUP MADE FROM LEFT-OVER LARKIN PORK AND BEANS

Put two cups of beans with the pork in an agate sauce pan and cover them with two cups of cold water. Bring to a boil and cook until soft. Mash through a strainer and add one cup of milk, two tablespoons of butter, two teaspoons of Larkin Table Salt, one-eighth teaspoon of Larkin White Pepper. Heat again but do not boil, and serve very hot. These proportions will serve five people.



CONSOMME FROM EXTRACT OF BEEF

Allow one-fourth teaspoon of extract of beef for each cup of consomme desired. Put into a saucepan and pour over the extract the required number of cups of boiling water. Season with Larkin Table Salt, Larkin White Pepper and with Larkin Celery Salt, allowing one-fourth teaspoon of Celery Salt to each cup of consomme.

CONSOMME WITH LARKIN TAPIOCA

For six cups of consomme allow three teaspoons of Larkin Pearl Tapioca. Cook this in seven cups of boiling water to which has been added a bay-leaf. When the tapioca is clear, add one and one-half teaspoons of extract of beef and season to taste with Larkin Table Salt and Larkin White Pepper.

CONSOMME WITH RICE

Follow the directions for consomme with Larkin Tapioca, substituting the rice for the tapioca.

CONSOMME WITH SAGO

Larkin Sago may be used in the consomme, preparing like the tapioca.

CONSOMME WITH EGG NOODLES

Make the plain consomme, using extract of beef. Add to it a desired amount of Larkin Egg Noodles which have been previously cooked in boiling salted water.

ENGLISH SOUP

2 tablespoons of flour	2 tablespoons of butter
2 tablespoons of sugar	1 tablespoon Larkin Salt
1 teaspoon of extract of beef	1 medium-sized onion
$\frac{1}{4}$ teaspoon White Pepper	3 pints of boiling water

Chop onion and cook with sugar.

Blend flour and butter, and add the water in which beef extract has been dissolved. Add onion cooked, boil for five minutes and strain.





ASPIC JELLY



CHICKEN CROQUETTES



BEEFSTEAK WITH EGG NOODLES



CROUSTADES WITH CREAMED BEEF

MEATS

"I'LL SACRIFICE THE LAMB THAT I DO LOVE"—*Shakespeare.*

Vegetarians regard meat as unnecessary in the diet of mankind, but most people still believe that it provides the most economic way of supplying the necessary percentage of proteids demanded by the system. That lean meat consists of proteid, is a recognized fact, and we must serve meats with the starches, as found in potatoes, rice, bread, etc., in order to obtain a balanced diet.

To accomplish best results, the subject must be studied. A good quality of meat must be bought and it must be properly cooked. This cannot be made a matter of guesswork but must be done according to recognized rules. The information under the headings, "Terms used in the Cooking of Meats," on pages 11 and 12 and "Time for Roasting or Baking Meats and Fish," on page 14, will be found helpful in this connection.

ROAST BEEF

Choose a good rib-roast, but do not have the bones removed, as doing so impairs the flavor. The end of the ribs may be chopped off. Wipe and dry with a clean cloth, putting the roast bone-side down in the roasting-pan which has already been heated hot. Have the oven very hot so that the meat may be seared over on all sides. Put no more than half a cup of water into the pan, as the roast should be basted with the fat from the meat, and not with water. Allow from eight to ten minutes to the pound for beef rarely done; from twelve to sixteen minutes for beef very well done. Do not salt until about three-fourths roasted.

BROILED STEAK

To broil a steak properly is an accomplishment. First, have the steak cut thick—from one and one-half to two inches. Have the fire hot and the coals bright. Use a wire broiler. Grease the wires with a bit of fat, and put on the steak. Place over the coals or the gas. As soon as it is seared over on one side, turn the broiler; continue doing so until the steak is done. When cooked, place on a hot platter, season with Larkin Table Salt, Pepper and butter, and serve at once. May be garnished with sautéed Larkin Egg Noodles.



RAGOUT OF BEEF

Cut two pounds of round steak into one-inch cubes. Put two tablespoons of suet into saucepan and when hot add the meat, browning on all sides. Into the fat blend two tablespoons of flour and then add one pint of water in which has been dissolved one teaspoon of extract of beef. Add one teaspoon of Larkin Table Salt and one-fourth teaspoon of Larkin White Pepper and simmer for one and one-half hours.

BEEF LOAF

2 lbs. of round steak, ground	$\frac{1}{2}$ cup of milk	2 eggs
$\frac{1}{2}$ cup of cracker crumbs	2 teaspoons of Larkin Table Salt	
2 tablespoons of butter	$\frac{1}{4}$ teaspoon of Larkin Pepper	

Mix well and bake an hour ; baste same as roast.

CREAMED DRIED BEEF

Use one-half pound of dried beef ; if it is very salty, freshen by placing in cold water, bringing to the boiling point and draining. Put two tablespoons of butter in a frying-pan and when melted, add two tablespoons of flour. Mix until smooth, then add milk making a cream sauce. Bring to a boil ; add beef, one-half teaspoon of extract of beef and one-eighth teaspoon of Larkin White Pepper. Serve on croustades (toasted cubes of bread from which the center has been removed).

CORNEO-BEEF HASH

One cup of finely chopped cold cooked corned beef, two cups of finely chopped cold boiled potatoes, half cup of boiling water, two tablespoons of butter, Larkin Table Salt and Larkin Black Pepper to taste, with a little onion-juice. Put into a frying-pan and heat very hot. To brown, put into a hot oven until browned evenly.

BAKED HAM, SOUTHERN STYLE

Choose a good-sized ham with a moderate amount of fat. Wash thoroughly, using a vegetable brush. Cover with cold water and soak for twenty-four hours ; then wipe dry. Put the ham into an agate kettle, cover with sweet cider and put upon the top of the stove, allowing it to simmer gently fifteen minutes for each pound. When cooked, cool in the liquor in which it has been cooked. Remove the skin and with a fresh, dry cloth take up all moisture from the fat. Stick cloves into the fat at about inch spaces, gash the top and rub it thoroughly with brown sugar. Put into a dripping-pan and let it cook until it is crisp and brown on the top, basting every ten minutes with cider and the drippings. Garnish with squares of Aspic Jelly. Vinegar and water may be used in place of the cider.



ROAST LEG OF VEAL

Choose a firm leg of veal, which is of a good pink color—not blue and flabby. Wash it thoroughly with cold water and wipe dry with a fresh cloth,—preferably cheese-cloth. With a medium-sized knife follow the bones very carefully, cutting the flesh as closely and evenly as possible. The bone is in this way easily loosened and removed. Make a dressing by chopping, or grating, dry bread-crumbs, mixing with butter, and seasoning with Larkin White Pepper and Larkin Table Salt. The exact proportions for these cannot be given, as the size of the cavity to be filled will vary. Stuff the veal just as you would a turkey, and, with a clean white cord, tie into shape. On the top put three or four slices of bacon. Put into a hot oven so as to sear over the outside. Lower the temperature and bake, allowing twenty minutes per pound.

VEAL CUTLETS

Cut veal steaks into small pieces two inches square. Beat an egg light and add about the same quantity of milk. Prepare a cup of cracker-crumbs. Dip veal into egg and then into cracker-crumbs. Fry in deep fat. Serve with green peas.

VEAL LOAF

Put three pounds of fresh veal with two or three slices of salt pork, and six crackers through the meat chopper. Add three eggs, one tablespoon Larkin Table Salt, one-half teaspoon Larkin White Pepper. Mix well and pack in a solid loaf in a buttered tin. Dot the top with bits of butter, and fill the dish with water or stock. Bake from two to three hours. May be served hot, making gravy from drippings in the pan, or may be allowed to cool in the pan and served cold.

TO BREAD CHOPS

Have your butcher cut the chops about an inch in thickness. Beat one egg. After freeing the chops from any adhering bits of fat or bone, dip into the egg and then into finely rolled bread crumbs. Bread-crumbs are preferable to cracker-crumbs, especially if the bread is made from whole wheat, and slices should be dried slowly in the oven before rolling. When breaded, put the chops carefully into a frying-pan in which the fat is sufficiently hot to give off a blue smoke. Brown quickly on one side, then on the other, cover and put the frying-pan on the back part of the stove where the chops may cook through slowly.



CECILS

Chop enough cold cooked beef or mutton to make a quart, add one-half cup of dry bread crumbs, one tablespoon of chopped parsley, one teaspoon of Larkin Table Salt, one-eighth teaspoon of Larkin Black Pepper. Dissolve one-half teaspoon of extract of beef in one-half cup of boiling water; when thoroughly dissolved add to the meat, and then two well beaten eggs. Mold into small balls, dip in egg and cracker and fry in hot fat. Serve with brown sauce.

TO ROAST A TURKEY

In choosing a turkey select one with firm flesh, with the wings and end of the breast-bone limber, and sufficiently fat to be plump without any excess.

After the turkey has been picked and drawn, or as it ordinarily comes from the market, hold it over a gas-jet or over burning paper to singe, taking care lest the fumes impart a disagreeable flavor to the meat.

Wash very thoroughly in cold water, not allowing it to stand, as that draws out the juices, and wipe dry.

When the turkey is stuffed, truss into shape as shown in the illustration, and roast, allowing twenty minutes to a pound, besides the first half-hour for the heating. Baste frequently with the fat in the pan. Put the turkey into a very hot oven to sear the skin so that the juices will not escape, and then modify the heat, keeping it at a moderate temperature.

CHICKEN CROQUETTES

Separate cooked meat from bone and remove all gristle. Season with one teaspoon lemon juice, a few drops onion juice, one-quarter teaspoon Larkin Celery Salt and chop fine. Mix with enough white sauce to moisten well. Shape; roll in egg and crumbs, and fry in deep fat. Serve with white sauce and green peas.

CHICKEN FRICASSEE

Prepare the chicken as shown in the illustration. Put the rough pieces and dark meat in the bottom of the sauce pan, the white meat on top, flesh-side down. Pour over this one quart of boiling water, cover sauce pan, bring to boiling-point, and then push to back of stove, where it will simmer until the meat is tender. Season when nearly done. Serve with biscuits broken, or with dumplings cooked in the sauce pan. For the gravy, after the chicken is removed from the pan, thicken the liquor with butter and flour rubbed together. Usually, two tablespoons of each are sufficient.





TURKEY TRUSSED FOR ROASTING



TURKEY TRUSSED FOR ROASTING



FOWL EN CASSEROLE



CHICKEN CUT FOR FRICASSEE

CHICKEN EN CASSEROLE

Put into the casserole three tablespoons of butter, a small onion and half a carrot cut into thin slices. Cook ten minutes and add the chicken, disjointed as for a fricassee. Brown, and cook for half an hour. Pour over the chicken, one and one-half cups of stock or boiling water, add the juice of half a lemon and two bay leaves. Bake in a moderate oven an hour and a half. Season with Larkin Salt and Larkin Pepper, and add a can of mushrooms. Cook fifteen minutes longer, and serve en casserole.

CROWN ROAST OF PORK

Choose a good piece of pork loin without too much fat. Have the butcher cut through the ribs part way down, trim off the meat at the end of bones, turning it down, as for Frenched chops. Roll with the bones outside, into a ring or roll. Rub the outside with Larkin Table Salt and flour, and add a seasoning of Larkin White Pepper. Roast as usual, allowing a little longer time than the usual twenty minutes to the pound allowance for roasting. This is because the meat is rolled rather than in a long piece.

ASPIC JELLY

2 slices of onion	2 slices of carrot
1 bay leaf	$\frac{1}{4}$ teaspoon of Larkin Cayenne Pepper
1 sprig of parsley	The yellow rind of 1 lemon (grated)
1 stalk of celery	1 teaspoon of Larkin Table Salt

Put these ingredients into one and one-half pints of cold water, bring to a boil, and cook three minutes. Moisten one-half package of Larkin Gelatine in one cup of cold water, add to boiling mixture, together with two teaspoons of extract of beef. Take from fire, strain, and if it is not clear, clarify with the white and shell of one egg. Mix the egg with the liquid, return it to the stove until it boils. Strain again and pour into moulds. Garnish with cut vegetables or parsley.

SAUCES

"NEITHER FISH NOR FLESH NOR GOOD RED HERRING."—Haywood.

CREAM OR WHITE SAUCE

Cream or White Sauce is what the French know as *roux*, and is the sauce used with all sorts of mixtures and as the base of nearly all other sauces. To make thin White Sauce use one tablespoon of butter, one tablespoon of flour, and one cup of milk or cream.

Melt the butter and blend the flour into it. Slowly add the milk, which must first be heated. Stir constantly until boiling point is reached and mixture is smooth. Salt and pepper to taste.

EGG SAUCE

Make the White Sauce and into the quantity made by the foregoing recipe cut two hard-boiled eggs. This sauce is very good with boiled fish.

BROWN SAUCE

One tablespoon of butter, one tablespoon of flour, blended together. To this add one cup of boiling water. When cooked, add one-fourth teaspoon of extract of beef and season with Larkin Table Salt and Larkin White Pepper.

HOLLANDAISE SAUCE

Heat a bay-leaf and one tablespoon of chopped onion in two tablespoons of vinegar to the boiling-point. Strain and cool. Blend two tablespoons of flour with one of butter; add one-half pint boiling water and stir until it boils; add vinegar. Take from fire and add the yolks of two eggs, one-half teaspoon of Larkin Table Salt, and one-eighth teaspoon of Larkin White Pepper.

DRAWN BUTTER

Two tablespoons of butter; one tablespoon of flour; one-half cup of boiling water; the juice of one lemon; one-fourth teaspoon Larkin White Pepper; one-half teaspoon of Larkin Table Salt; two tablespoons of chopped parsley.

TOMATO SAUCE

One tablespoon of butter; one tablespoon of flour; one cup of strained tomato; one-fourth teaspoon of Larkin White Pepper; one teaspoon of Larkin Table Salt.

PREPARATION OF EGGS

BOILED EGGS

Eggs may be cooked in the shell in either one of two ways: First, put into cold water and bring to a boil. By the time the boiling-point is reached the whites will be sufficiently cooked and of a soft, jelly-like consistency. Second, put the eggs into rapidly boiling water. Remove to the back of the stove and allow the eggs to stand three or four minutes.

POACHED EGGS

Only the freshest eggs can be well poached, as the whites mix with the water and do not coagulate with the egg as a whole.

Break the desired number of eggs on a plate and slide them into salted water that is boiling. Remove from over the fire. Baste the eggs, so that the whites will cover the yolks, and cook three minutes, below the boiling-point.



FRIED EGGS

Melt a tablespoon of butter in a frying-pan, but do not brown. Drop in the eggs and season with salt and pepper. Cover the pan and after the first minute, put the pan on the back of the stove or off the fire, and cook for three minutes.

If fried in bacon or ham fat use the same proportions. A tablespoon of fat is sufficient for six eggs. To take from the pan, slide a spatula under the eggs to loosen and slide from the pan.

PLAIN OMELET

4 eggs

4 tablespoons of water

 $\frac{1}{2}$ teaspoon of Larkin Table Salt 1 teaspoon of butter

Beat the eggs without separating. Add the water and salt. Melt the butter in a hot frying-pan. Pour in the eggs, shake the pan gently, and as the eggs thicken, lift with a spatula, allowing uncooked portions to run underneath. When creamy throughout, roll. Slip onto a hot platter, garnish with parsley and serve immediately.

VEGETABLES

"NOW WHO DOTHS PLEASE TO EAT THE PEASE, AND CLEAN THE
DISH WITH ME."—*Macaulay.*

There is a great tendency on the part of American people to use too little vegetable food ; and when used, to eat it too hurriedly. The starchy vegetables, which include potato, rice and wheat, for instance, should be digested by the saliva in the mouth. To accomplish this the food must be thoroughly chewed. We bolt bread much too often, and suffer gastric indigestion in consequence.

Vegetables may be divided into four groups: those containing a great part of proteid or nitrogenous matter, as beans, peas, lentils ; those containing a large proportion of starch, as rice, potatoes, wheat ; those containing much fat, as some nuts and olives ; those succulent vegetables which are composed of mineral matter and water almost entirely, as lettuce, tomatoes, radishes, celery.

Under the heading "Cooking of Vegetables," page 15, we have given the time of cooking. Most vegetables are better for being cooked in freshly boiling salted-water in an uncovered kettle.

MASHED POTATOES

Pare the potatoes thin, and after allowing them to stand in cold water not more than five minutes, place in water that has just begun to boil vigorously. Without covering, keep at this temperature for twenty-five minutes, if potatoes are of medium size. Drain off the water, and shake the kettle over the fire until the moisture is entirely evaporated. Sprinkle with Larkin Table Salt and Larkin Pepper.

Mash with a wire masher or put through a coarse strainer. Melt butter in hot milk or cream and add to potatoes. Beat with a fork until mixture is creamy. Reheat and pile lightly in hot serving dish.

STUFFED POTATOES

Bake the potatoes, cut in two and scoop out the inside, being careful to keep the skins whole. Mash the potato, and mix with a lump of butter, a cup of hot milk, Larkin Table Salt, Larkin Pepper and the beaten whites of one or two eggs. Heat the mixture in the skins and brown in the oven.

DUCHESS POTATO

To two cups of potatoes, add one teaspoon melted butter. Beat until light and smooth, then add six tablespoons of milk or cream and the yolks of two eggs well beaten. When well mixed and seasoned with Larkin Table Salt and Larkin Pepper, add the beaten whites. Fill hot gem-pans and brown.

POTATO ROLLS

To five or six mashed potatoes, add Larkin Table Salt and Larkin Pepper and milk to moisten. Beat three eggs and mix with them. Make into little rolls and cover with flour. Fry in hot lard or butter.

RICE

In cooking rice do not put it into a double boiler and cook slowly into a pasty mass, but after cleansing it throw it into rapidly boiling salted water and keep it boiling furiously for thirty minutes. Drain into a colander and place in the oven for a few minutes.

BOILED ONIONS

Onions should be parboiled in boiling salted water, the water changed and the onions cooked until tender, without breaking; about an hour is required. Drain, cover with cream, and season. If one does not have the cream, prepare a white sauce, and dip the onions into it. Serve very hot.



LIMA BEANS WITH CREAM SAUCE

A cup of dried lima beans will make enough vegetable to serve six people. Soak the beans over night in a large pan filled with cold water. In the morning, drain and cook slowly for about two hours. Drain again, and keep hot. Make a cream sauce of two tablespoons of flour, two tablespoons of butter, a teaspoon of Larkin Table Salt, a pint of milk and a seasoning of Larkin White Pepper. Add the beans and serve very hot. The beans may also be served by adding only butter, pepper and salt.

FRIED APPLES

Nothing is nicer than fried apples with a roast of pork-ribs or fresh ham. Pare and quarter the apples, possibly eight or nine for six portions. Put into the frying-pan a tablespoon of good gravy or meat-drippings, and heat quite hot. Put in the apples and cover for ten minutes. Remove the cover, and stir from the bottom with a spatula or dull knife. Turn them over and over again until soft and thoroughly done. Salt as a vegetable and serve hot.

GREEN CORN GRIDDLE CAKES

6 ears corn (grated)	2 eggs
2 cups milk	2 cups flour
1 tablespoon butter	$\frac{1}{4}$ teaspoon Larkin Table Salt
Bake like pancakes.	

TO COOK MACARONI

Macaroni must be cooked in rapidly boiling salted water until tender, or for about twenty minutes. Keep the water boiling vigorously. When finished, pour into colander and pour cold water over it, to thoroughly separate the pieces from each other. To use, re-heat.

MACARONI au GRATIN

Put a layer of cooked Larkin Macaroni in the bottom of a buttered pudding-dish, then a thin layer of ordinary creamery cheese, another layer of macaroni and so on until the dish is filled, scattering bits of butter among the layers, and add a cup of milk. Sprinkle top with buttered bread crumbs and brown in oven.

MACARONI WITH CREAM SAUCE

Blend one tablespoon of butter with one tablespoon of flour, and add one cup of milk. Cook until thick, and season with salt and pepper. Pour this over one-half package of Larkin Macaroni which has previously been cooked and drained. Cheese may be added to the sauce to taste.

MACARONI WITH TOMATO SAUCE

Make a tomato sauce by blending one tablespoon of butter and one of flour, and adding one cup of strained tomato, heated. Cook until thoroughly done, and pour over a half-package of Larkin Macaroni previously cooked.





ORANGE SALAD



SHRIMP SALAD



EGG SALAD



CUCUMBER SALAD

MACARONI ITALIAN FASHION

Cook in stock instead of plain boiling salted water. This may be done by adding one-half teaspoon of extract of beef to the water.

Heat a pint of tomatoes, add a little onion, a bay-leaf, salt, pepper and a tablespoon of butter. Add the macaroni and serve with grated cheese.

EGG NOODLES WITH CREAM SAUCE

Use two tablespoons of butter, two tablespoons of flour, one pint of milk for the cream sauce. Season with one teaspoon of Larkin Table Salt, one-fourth teaspoon of Larkin White Pepper. When the sauce is cooked, add one-fourth package of Larkin Egg Noodles which have been cooked in boiling salted water.

EGG NOODLES WITH MEAT GRAVIES

A good luncheon dish is made by using the gravy left from the dinner-roast and re-heat without boiling. Then add a sufficient quantity of Larkin Egg Noodles, previously cooked in boiling salted water.

EGG NOODLES ESCALLOPED WITH TOMATOES

After the noodles have been cooked, put a layer of Larkin Egg Noodles and then a layer of tomatoes in a dish until the dish is nearly filled. Pour over them a sufficient quantity of cream sauce to moisten the contents, and bake fifteen minutes. Season with Larkin Table Salt and Larkin White Pepper.

YORKSHIRE PUDDING

Beat three eggs until light. Add one-half teaspoon Larkin Table Salt and two cups of milk. Pour gradually into two-thirds cup of flour. Strain and pour into pan with any roast and cook until eggs are set.

CARROTS AND PEAS, CREAMED

Scrub and cut into dice enough carrots to make a pint. Let stand in cold water for half an hour. Drain and cook in an uncovered kettle of boiling water until carrots are tender. (Old carrots require about three-quarters of an hour.) Add a pint of peas and a pint of cream sauce.

**ESCALLOPED TOMATOES**

Drain the juice from a quart can of tomatoes. Use the dryer portion, putting into a buttered dish with alternate layers of bread or cracker-crumbs. Add butter, Larkin Pepper and Larkin Table Salt. Bake twenty to thirty minutes.

SALADS

"I ALWAYS THOUGHT COLD VICTUALS NICE,"—Holmes.

THERE is record of the use of salads in Roman times, when many ingredients were mixed together in a mortar to produce some delectable dish, but without doubt the simpler the salad the better it was.

The list of plants eaten uncooked, as salads, by people generally, is quite small. Lettuce, cabbage, radishes, cucumbers, watercress, endive, escarole, dandelion, purslane, and sorrel make up the number. These plants, fresh and crisp, served with a French dressing are very healthful, as they combine the mineral elements of the plant, so essential to the system, with the olive oil, which gives, according to the ancients, strength and suppleness. Olive oil is the dressing *par excellence* for a salad. It lubricates the alimentary tract and acts as a germicide. Its use is strongly advocated in health as well as in all wasting diseases.

There are many salad combinations made with cooked and uncooked foods, and these with a few of the fruit salads, call for the heavier mayonnaise dressing, which provides a very hearty and enjoyable food.

MAYONNAISE DRESSING

Into the yolks of two eggs, stir one-half teaspoon of Larkin Mustard, one teaspoon of Larkin Table Salt, one-eighth teaspoon of Larkin Cayenne Pepper. Blend well and into this beat very slowly one-half pint of olive oil. When the mixture becomes too thick, thin with a few drops of lemon-juice or vinegar. If a greater quantity of dressing is desired, more oil may be added, alternating, as before, with a few drops of acid when it becomes too thick, as the yolks of two eggs will contain a full pint of oil. When finished, add one-fourth cup of boiling water, which gives the dressing a very smooth flavor. Many experts advocate the addition of all the acid to the egg before the oil is added.



MAYONNAISE TARTAR

Add to one cup of mayonnaise dressing, one-fourth cup of chopped olives, gherkins, capers and parsley. Serve with fish.

FRENCH DRESSING

Measure three tablespoons of olive oil and one tablespoon of vinegar. Mix one teaspoon of Larkin Table Salt, and one-fourth teaspoon of Larkin Cayenne Pepper together dry. Beat into these slowly the oil and then gradually the vinegar. This dressing must be thick and creamy, the oil being entirely emulsified.

BOILED SALAD DRESSING

Mix three teaspoons of sugar, one-half teaspoon of Larkin Mustard, one teaspoon of Larkin Corn Starch, one teaspoon of Larkin Table Salt. Beat the ingredients into the yolks of two eggs. Add three tablespoons of cream, either sweet or sour, one-half cup of vinegar and the beaten whites of two eggs. Cook until it thickens, stirring constantly. Remove from the stove and stir in four tablespoons of olive oil. This is a particularly good dressing for any one not accustomed to Mayonnaise Dressing, as a slight flavor of the oil is obtained. For use with fruit or vegetables, the amount of sugar may be changed to one's taste.

CREAM SALAD DRESSING

Yolks of 4 eggs	2 tablespoons of Larkin Corn
$\frac{1}{2}$ teaspoon of Larkin Mustard	Starch
1 teaspoon of sugar	1 teaspoon of Larkin Table Salt
Dash of Larkin Cayenne Pepper	Juice of 1 lemon
Cut an onion in half and scrape the juice.	
$\frac{1}{4}$ cup of vinegar	

Mix the dry ingredients with the eggs and vinegar. Add one quart of cream, sweet or sour, cooking until thickened; add two tablespoons of olive oil, if desired.

CHICKEN SALAD

Measure twice as much of chicken as of celery, after both ingredients have been cut into small cubes. Marinate with French dressing. When ready to serve, add the mayonnaise and serve on lettuce leaves.

LOBSTER SALAD

Use fresh lobster if it can be procured. Boil, remove the intestinal tract, and with a silver fork, remove the meat in small pieces from the shell. Mix with one-half the quantity of diced cucumbers or celery, and marinate. Cover with mayonnaise when ready to serve.



SHRIMP SALAD

Use either cooked or canned shrimps. If canned shrimps are used, remove from can, wash and chill thoroughly in ice water. Add an equal portion of celery or cucumber ; if cucumber, serve in cucumber boats on lettuce. Remove the pulp from the cucumbers with a scoop-spoon and with the shrimps, marinate. Add a tablespoon of mayonnaise just before serving.

SALMON SALAD

When using canned salmon be very careful not to break the fish when taking from the can, as it crumbles easily. Carefully separate it into pieces with a silver fork. Add an equal amount of diced celery, and use the cream salad dressing. Serve on lettuce.

OYSTER SALAD

The oysters should be parboiled. Cut into halves, mix with celery and serve with a mayonnaise tartar dressing.

SARDINE SALAD

The boneless sardines should be used, and mixed with the mayonnaise tartar dressing.

VEAL SALAD

Use a nice firm piece of a leg of veal, roasted. Cut in small cubes and treat in exactly the same way as chicken salad.

TONGUE SALAD

Beef tongue, boiled, makes a very good salad served with a mayonnaise.

VEGETABLE SALAD

Equal portions of potatoes and beets, one-half the quantity of celery or cabbage and a few English walnuts mixed with a French dressing and served on lettuce, make an appetizing salad.

POTATO SALAD No. 1

Potatoes and celery in the proportion of two parts of potato to one part of celery may be mixed with cream salad dressing.

POTATO SALAD No. 2

- | | |
|---|----------------------------|
| $\frac{1}{4}$ pound of bacon | $\frac{1}{2}$ cup of water |
| 1 small onion | 2 tablespoons of vinegar |
| $\frac{1}{4}$ teaspoon of Larkin White Pepper | |

Put the bacon into the frying-pan with the water, cook until the water is evaporated and the bacon is brown and crisp. Remove bacon and cool the fat, adding pepper and vinegar. Pour over the sliced potatoes and onion.

EGG SALAD

In the spring a pleasant change is made by slicing hard-boiled eggs on lettuce leaves and serving with a boiled dressing.



EGG AND CUCUMBER SALAD

The combination of hard-boiled eggs and crisp cucumbers served on lettuce with a boiled dressing or cream dressing is a pleasant one.

CUCUMBER AND RADISH SALAD

Another pleasing combination for a spring salad. Prepare the cucumbers by allowing them to stand in cold water for one-half hour Pare and dice, placing between cheese-cloth directly upon the ice. Prepare the radishes in like manner by simply washing and slicing before putting on ice; the same treatment is used for the lettuce. When ready to serve, mix with a French dressing.

TOMATO SALAD

Select small, firm tomatoes, cutting a piece from the top about an inch-and-a-half in diameter. With a scoop-spoon take out the pulp and mix the firm parts (discarding the seeds) with chopped or finely cut cucumbers, and pecans or other nuts. Fill and cover with mayonnaise.

TOMATO JELLY SALAD

Moisten one-half package of Larkin Gelatine in one-half cup of cold water. Heat and strain one quart-can of tomatoes, seasoning with salt and paprika. Pour over Gelatine and mold. Serve with mayonnaise or boiled dressing, on lettuce leaves. This makes a very pleasing winter salad, when ripe tomatoes are not procurable.

CABBAGE SALAD

Shred or chop the cabbage and mix with the boiled dressing.

BOHEMIAN SALAD

Cover the bottom of a salad dish with crisp lettuce leaves; on these put alternate slices of boiled beets and hard-boiled eggs; sprinkle with one tablespoon of chopped onion and serve with French dressing.

RED CABBAGE WITH CELERY

Trim one head of red cabbage and cut into quarters. Soak in cold water for thirty minutes and slice into shreds. Cut two heads of celery into very thin slices. At serving-time, mix and add one tablespoon of chopped onion. Mix with French dressing and serve.

FRUIT SALAD

The fruit salad may be a combination of bananas, oranges and pineapple, to which a few almonds and candied cherries may be added. Serve with mayonnaise.

MALAGA GRAPE SALAD

Cut the grapes endwise and take out the seeds. Mix with oranges and blanched almonds, and serve with either the mayonnaise or the boiled dressing.



ORANGE SALAD

Mix equal parts of oranges, bananas, and malaga grapes with boiled dressing. Serve in orange cups with or without whipped cream.

BANANA SALAD

Banana salad may be served with either a boiled dressing or a mayonnaise, sprinkling a few chopped English walnuts over the dressing.

WALDORF SALAD

This salad consists of equal portions of finely cut tart apples, celery and English walnuts. Marinate with French dressing for several hours. Drain and serve with mayonnaise on lettuce or in apple cups.

BREADS

"CHIEF NOURISHER IN LIFE'S FEAST."—*Shakespeare.*

BREAD, "the staff of life," has been a noticeable cry throughout history. The starving in India, the French mobs, the Italian poor, have each in turn uttered the same appeal. It does not literally mean bread—it explains to us that bread is taken as a type of perfect food—because bread with butter is a perfect combination or food balance.

Probably the breads of the earliest times were made from barley, and were baked upon heated stones. To the Greeks we doubtless owe the cultivation of the yeast plant.

The evolution of bread from that made from the coarse grains, coarsely ground, without leavening, to the modern white loaf is very interesting, and there is doubt in many minds whether the present bread is not too high an exponent of the progress of civilization as shown in machinery. Many of us have grown to depend upon the baker of the town for our bread instead of having it made in our homes.

Let us make our own bread, using whole wheat flour and a good yeast.

WHOLE WHEAT BREAD

Prepare the sponge the same as in the white bread recipe. In the morning, add three pints of warm water, two quarts of whole wheat flour, and two teaspoons of Larkin Table Salt. The quantity of flour may vary, owing to the brand used. Proceed as in any other bread.



WHITE BREAD (Long Process)

At noon mash two medium-sized potatoes, and add one pint of warm water. Moisten a cake of dry yeast in one-half cup of lukewarm water. To a pint of warm water, add one quart of flour and beat thoroughly in the bread mixer. When cool, but not cold, add the yeast and let rise until morning. Add three pints of warm water, three quarts of flour, two teaspoons of Larkin Table Salt. Again beat well, and let rise, keeping the dough in an even temperature of about 87° F.

At the expiration of an hour, knead and make into loaves. Let rise until dough rebounds instantly if pressed in with the finger. For pound loaves, bake forty-five minutes; if of more weight, bake proportionately longer. When taken from the oven, rub the tops with lard to soften the crust.

WHITE BREAD (Short Process)

6 cups of flour	1 tablespoon Larkin Table
1 cup of water	Salt
1 yeast cake	1 tablespoon sugar

Put yeast to soak in one-half cup of luke-warm water. Put one and one-half cups warm water in bread-pan. Add salt and sugar. Add four cups of flour, reserving remainder for use in kneading. Add yeast. Beat well. This may be done about 9 o'clock at night.

In the morning take from pan and knead in the extra flour. Let rise again; about an hour ought to be enough. Knead again, molding into loaves. Raise until double in size. Bake fifty to sixty minutes. This makes two loaves.

PARKER HOUSE ROLLS

Rub one tablespoon of lard into two quarts of flour. Moisten one cake of dry yeast. Scald one pint of milk, and when cool, but not cold, add to the flour. Beat well, adding one teaspoon of salt, one-half cup of sugar and the softened yeast. Let rise.

These can be mixed in the morning and be ready to use for supper, or they may be mixed at noon, allowed to rise until bedtime, mixed again, and be baked for breakfast. The dough at the second kneading should be rolled thin, cut with a biscuit-cutter, spread with melted butter, folded, allowed to rise and then baked.

CINNAMON ROLLS

Follow Parker House rolls formula and at the second kneading roll thin, spread with melted butter, brown sugar, cinnamon, currants and finely shaved citron. Roll, and cut off pieces an inch thick. Stand these on end. Allow to rise and bake. These are especially good breakfast rolls with coffee.



GRAHAM BREAD

2 eggs	2 cups of sour milk
2 teaspoons of Larkin Soda	$\frac{1}{2}$ teaspoon of Larkin Table Salt
$\frac{2}{3}$ cup of molasses	1 cup of wheat flour

3 cups of Graham flour

This makes two loaves. Bake in a moderate oven for an hour.

STEAMED BROWN BREAD

$\frac{2}{3}$ cup of molasses	2 cups of sour milk
2 cups of corn meal	2 cups of flour
2 teaspoons of Larkin Soda	1 teaspoon of Larkin Table Salt.

Steam one and one-half hours and bake one-half hour.

CORN BREAD

2 cups of sour milk	1 cup of sweet milk
2 cups of corn meal	1 cup of flour
1 teaspoon of Larkin Soda	1 teaspoon of Larkin Table Salt

Steam two hours. Bake one-half hour.

WHOLE WHEAT MUFFINS

1 egg	1 pint of sweet milk
$\frac{1}{4}$ teaspoon of Larkin Table Salt	2 teaspoons of sugar
	$2\frac{1}{2}$ teaspoons of Larkin Baking Powder
4 cups of whole wheat flour	

POPOVERS

1 cup of flour	1 cup of milk
$\frac{1}{4}$ teaspoon of Larkin Table Salt	2 eggs

Put the flour and salt into a bowl, add the eggs, unbeaten, and add the milk, gradually,—beating well. Pour into heated, greased muffin-pans and bake one-half hour in a hot oven.

BAKING POWDER BISCUIT

1 quart of flour	1 teaspoon of Larkin Table Salt
4 tablespoons of butter or lard	
6 teaspoons of Larkin Baking Powder.	

Sift the baking powder, flour and salt into a bowl, and add the shortening, cutting it through and through until well blended.

Moisten with milk to make a very soft dough; usually about a pint is needed, depending upon the flour. Turn onto a well-floured board, using the hands as little as possible, roll three-fourths of an inch thick, cut and bake quickly



BRIOCHE PASTE

- | | |
|------------------------------|-------------------------|
| 4 cups of flour | 1 cup butter |
| $\frac{1}{2}$ cup water | 1 tablespoon sugar |
| 1 yeast cake | 8 small or 7 large eggs |
| 1 teaspoon Larkin Table Salt | |

Moisten yeast in one-half cup of water. Pour boiling water into bowl to heat it; then drain and dry. Place one cup of flour in bowl, add yeast and beat well. Cover and set in warm place until it doubles in bulk. Put rest of flour into a mixing bowl, add salt, sugar, butter (softened but not melted) and four of the eggs. Mix to a paste then beating thoroughly, add the remaining eggs one at a time until all have been used; beat until smooth. When sponge is light, place sponge in center of egg mixture and stir together slowly until the two are well blended. Set in warm place until doubled in bulk; then turn on board dredged with flour, pat out and fold over several times; let rise a second time then turn on dredged board and knead very lightly. Place on ice or in a cold place as paste is rich and unless cold is difficult to handle. It is a good plan to let stand over night in a very cold place; then make it up in the form of a coffee cake by twisting or in the form of buns; let rise and bake.

FINGER ROLLS

- | | |
|----------------------------|--------------------------------|
| 9 cups of flour | 4 cups of warm water |
| $\frac{1}{4}$ cup of sugar | 1 tablespoon Larkin Table Salt |
| 1 yeast cake | |

At noon, make a sponge by adding as much flour to one cup of warm water as will make a stiff batter, adding sugar. Moisten yeast cake in a half-cup of lukewarm water, and add. Set in a warm place and allow to rise.

At night, mix nine cups of flour and three cups of lukewarm water, adding salt and sponge. Beat well, and allow to rise until morning. Early in the morning, mix and let rise again until double its size. Again mix and let rise and add a cup of softened butter to the dough. Let rise and form into tiny rolls about an inch in diameter and four inches long. Let rise and bake.

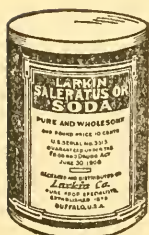
SEMI-KUCHEN

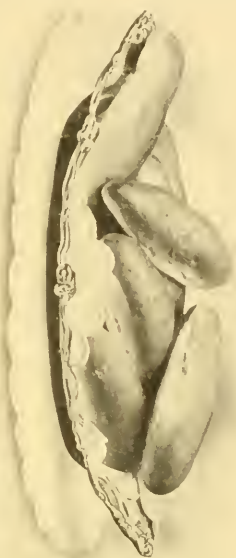
- | | | |
|----------------------------------|-------------------------|---------------|
| 6 cups flour | 1 cup milk | 1 cup water |
| $\frac{1}{2}$ cup butter | $\frac{1}{2}$ cup sugar | 1 yeast cake |
| $\frac{1}{2}$ cup lukewarm water | 4 eggs | 1 cup raisins |

Make sponge at night, mixing same as Parker House rolls, adding eggs whole, one by one. Beat thoroughly. Let rise very light, so that finished loaf will be light and porous.

CORN-MEAL GRIDDLE-CAKES

- | | |
|------------------------------|------------------------|
| 2 cups corn meal | 2 cups sour milk |
| 1 egg | 1 teaspoon Larkin Soda |
| 1 teaspoon Larkin Table Salt | |
- Bake on griddle.





FINGER ROLLS



BREAD



POP OVERS



FRUIT ROLLS

CAKES

"YOU CANNOT EAT YOUR CAKE AND KEEP IT TOO."—*Proverb.*

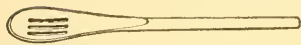
BEFORE beginning to mix cake, prepare all ingredients, so there may be no delay in combining them quickly.

1. Measure the butter.
2. Sift and measure the sugar.
3. Sift the flour once before measuring.
4. Measure and sift again with the baking powder.
5. Break the eggs one by one, separating them.
6. Butter the tins and dredge a light covering of flour over the butter or line the tins with Larkin Waxed Paper.
7. When fruit is used it should be prepared before other ingredients are ready. Wash, dry, and cover with flour, being sure to shake off excess flour.

Method of mixing cakes containing butter. Cream butter thoroughly; add sugar and yolks of eggs. Beat well; then add sifted dry materials alternately with the milk. Lastly fold in the whites of eggs beaten until stiff. Pour into pans greased or lined with Larkin Waxed Paper and bake.

UTENSILS

Cake should be mixed in an earthen bowl, with a wooden cake-spoon. Two measuring-cups, a teaspoon, an egg-beater and the tins are the other utensils needed.



Wooden Cake-Spoon.

SOLID CHOCOLATE CAKE

Blend two cups of brown sugar with one-half cup of butter, add the yolks of three eggs and one-half cup of sour milk. Melt four squares of Larkin Unsweetened Chocolate in one-half cup of boiling water and cool. Add to the other ingredients. Stir in two cups of flour with one teaspoon of Larkin Baking Powder, and one teaspoon of Larkin Soda, the white of one egg beaten stiff and one-half teaspoon of Larkin Vanilla Flavoring Extract. Bake in a dripper, and cover with an icing made by boiling one and one-half cups of sugar with one-quarter of a cup of water until it will string, beating into it the well-beaten whites of two eggs, and flavoring with one-fourth teaspoon Larkin Vanilla Flavoring Extract.



SPICE CAKE

Blend two cups of sugar with one cup of butter. Add the yolks of three eggs, and one cup of sour milk, in which one teaspoon of Larkin Soda has been dissolved. Add three cups of flour, two and one-half teaspoons of Larkin Cinnamon, one-half teaspoon of Larkin Cloves, and the beaten whites of the eggs. Raisins, currants, citron, orange- or lemon-peel, or Larkin Shredded Cocoanut may be added to this formula in any desired proportion, with pleasing results.

COCOANUT CREAM CAKE

Cream two cups of sugar with three-fourths of a cup of butter. Add the yolks of three eggs, one cup of milk, three cups of flour with two teaspoons of Larkin Baking Powder and fold in the beaten whites of the eggs. Flavor with one-half teaspoon of Larkin Vanilla Flavoring Extract.

For the Custard. Scald two cups of milk. Beat together, one-half cup of sugar and one egg. Thicken with three tablespoons of Larkin Corn Starch moistened in a small part of the milk. Add one cup of Larkin Shredded Cocoanut and one-half teaspoon of Larkin Vanilla Flavoring Extract. Spread between the layers and over the top, sprinkling more of the cocoanut on the top-layer.

COCOANUT MACAROONS

Make a syrup of one-third cup of water and two-thirds cup of sugar. Boil ten minutes. Take from fire and stir in one-half pound of Larkin Shredded Cocoanut; slowly add the beaten whites of three eggs. Mix thoroughly and drop with a spoon upon buttered tins. Bake in slow oven until slightly brown.

HICKORY-NUT KISSES

1 egg	1 cup sugar
½-cup flour	1 cup nuts, cut very fine

Beat egg and sugar very light, add flour and nuts. Drop from a teaspoon into pan, 1½ in. apart. Bake in slow oven about twenty minutes.

WHITE CAKE No. 1

Cream one-half cup of butter with one and one-half cups of sugar. Add one cup of milk, two and one-half cups of flour, two teaspoons of Larkin Baking Powder, the beaten whites of five eggs, one-fourth teaspoon of Larkin Almond Flavoring Extract, and one-half teaspoon of Larkin Orange Flavoring Extract. This cake should be delicate and fine grained. This can be accomplished only by thoroughly beating, before the whites of the eggs are added. The whites are folded in quickly and the cake baked in a moderate oven.



WHITE CAKE No. 2

Whites of 4 eggs	2 cups of sugar
1 cup of butter	1 cup of milk
2 cups of flour	1 cup of Larkin Corn Starch
3 teaspoons of Larkin Baking Powder	$\frac{1}{4}$ teaspoon of Larkin Almond Flavoring Extract
	$\frac{1}{4}$ teaspoon of Larkin Orange Flavoring Extract

The method of mixing the ingredients of this cake is identical with White Cake No. 1.

*** GOLD CAKE**

1 cup of sugar	$\frac{1}{2}$ cup of butter
Yolks of 6 eggs	$\frac{1}{2}$ cup of milk
2 cups of flour	2 teaspoons of Larkin Baking Powder
Grated rind and juice of $\frac{1}{2}$ lemon or $\frac{1}{8}$ teaspoon of Larkin Nutmeg	

*** COFFEE CAKE**

1 cup of brown sugar	$\frac{1}{4}$ cup of butter
2 eggs	$\frac{1}{2}$ cup of strong infusion of Larkin Coffee
$\frac{1}{4}$ teaspoon of Larkin Table Salt	$\frac{1}{2}$ teaspoon of Larkin Soda
1 teaspoon of Larkin Ginger	$1\frac{1}{2}$ cups of flour

*** LAYER CAKE**

1 cup of sugar	3 tablespoons of butter
Yolks of 2 eggs	1 cup of milk
2 cups of flour	2 teaspoons of Larkin Baking Powder
$\frac{1}{2}$ teaspoon of Larkin Vanilla Flavoring Extract	

SPONGE CAKE No. 1

4 eggs	1 cup of sugar
1 cup of flour	1 teaspoon of Larkin Baking Powder
$\frac{1}{2}$ teaspoon of Larkin Vanilla Flavoring Extract	
Beat yolks until thick; add sugar and continue beating; then add flour sifted with baking powder. Fold in whites of eggs beaten until stiff. Pour into tins and bake in a slow oven.	

SPONGE CAKE No. 2

3 eggs	1 cup of sugar
1 cup of flour	1 tablespoon of cold water
2 teaspoons of Larkin Baking Powder	
Follow directions of Sponge Cake No. 1.	

* Follow directions for mixing cakes containing butter. (Page 42).



*** CINNAMON CAKE**

2 cups of brown sugar	$\frac{1}{2}$ cup of butter
3 eggs—reserve one white for icing	1 cup of water
	$\frac{1}{2}$ teaspoon of Larkin Ginger
2 teaspoons of Larkin Cinnamon	3 cups of flour
	2 teaspoons of Larkin Baking Powder

Icing. Make a syrup of one cup of brown sugar and one-fourth cup of water. Add two teaspoons of Larkin Cinnamon. When the syrup strings, pour it over the beaten white of one egg and beat until thoroughly blended.

*** CHOCOLATE FUDGE CAKE**

1 cup of sugar	$\frac{1}{2}$ cup of butter
2 eggs	$\frac{1}{2}$ cup of milk
$1\frac{1}{2}$ cups of flour	$1\frac{1}{2}$ teaspoons of Larkin Baking Powder
2 squares of Larkin Unsweetened Chocolate	$\frac{1}{2}$ teaspoon of Larkin Vanilla Flavoring Extrag.

Bake in two layers.

Filling. One and one-half cups of sugar; one-half cup of milk; two tablespoons of butter.

Make like fudge and spread between the layers, but do not ice the top of the cake.

CHOCOLATE CREAM CAKE

Make the same cake as for Cocoanut Cream cake, using for the custard filling, one and one-half cups of milk, one-half cup of sugar, the yolk of one egg, three tablespoons of Larkin Corn Starch, and one and one-half teaspoons of Larkin Vanilla Flavoring Extract. Spread between the layers, and ice the top and sides with an icing made by melting two squares of Larkin Unsweetened Chocolate, and one and one-half cups of powdered sugar and the white of one egg.

*** FRUIT CAKE**

2 lbs. of raisins	2 lbs. of currants
1 lb. of citron	$\frac{1}{2}$ lb. of figs.
$\frac{1}{4}$ lb. of dates	1 lb. of almonds
1 lb. of butter	1 lb. of brown sugar
12 eggs	1 tablespoon of Larkin Nutmeg
2 tablespoons of Larkin Cinnamon	1 teaspoon of Larkin Cloves
1 teaspoon of Larkin Soda	1 lb. of flour

Prepare the fruit the day before and in the morning mix the other ingredients as for any cake, adding fruit at the very last. Bake slowly for five hours. This cake should be baked several weeks before being used.

* Follow directions for mixing cakes containing butter. (Page 42).



ENGLISH FRUIT CAKE

2 lbs. flour	1 lb. sugar
8 oz. butter	8 oz. lard
2 oz. of Larkin Baking Powder	$\frac{1}{4}$ teaspoon Larkin Soda—dis-
1 pt. of milk	solve in part of milk
4 eggs	Large pinch Larkin Table Salt
1 lb. currants	1 lb. sultana raisins
2 oz. candied pineapple	4 oz. figs
2 oz. citron	

Chopped almonds and cherries to taste.

Rub flour and shortening together. Add sugar, fruit, etc. Milk last with beaten eggs. Bake one hour. This makes four loaves.

*** SOUR-CREAM CAKE**

2 cups of brown sugar	$\frac{1}{2}$ cup of butter
1 cup of sour milk	1 cup of sour cream
4 cups of flour	3 teaspoons of Larkin Soda
1 teaspoon of Larkin Cloves	3 teaspoons of Larkin Cinnamon
$\frac{1}{2}$ teaspoon of Larkin Almond	2 cups of raisins
Flavoring Extract	$\frac{1}{4}$ lb. of orange-peel
$\frac{1}{2}$ lb. of citron	$\frac{1}{4}$ lb. of lemon-peel

*** APPLE-SAUCE CAKE**

2 cups of brown sugar	1 cup of butter or shortening
2 $\frac{1}{2}$ cups of apple-sauce	2 cups of raisins
$\frac{1}{4}$ lb. each of citron, lemon-peel	2 teaspoons of Larkin Salt
and orange	2 teaspoons of Larkin Nutmeg
2 teaspoons of Larkin Cinnamon	2 teaspoons of Larkin Cloves
4 cups of flour	1 teaspoon of Larkin Soda

FIG CAKE

Make the layer-cake recipe and between the layers put a filling made by cooking eight good-sized figs with one cup of sugar and one-fourth cup of water until thick. Ice the top with the usual icing.

LEMON CAKE

Use the Cocoonut Cream-Cake formula and for the cream :

1 $\frac{1}{4}$ cups of water	The juice and rind of 1 lemon
3 tablespoons of Larkin Corn	$\frac{1}{2}$ cup of sugar
Starch	1 egg
2 tablespoons of butter	

ORANGE CAKE

A cake to be eaten while fresh is made by making the layer-cake formula, and putting between the layers, oranges that have been sliced thin, sprinkling them with powdered sugar.

WHIPPED-CREAM CAKE

Another cake to be eaten while fresh. Make the Sponge Cake No. 1, baking it in two layers and spreading whipped cream between the layers and on the top. Chopped nuts or candied cherries may be added to this filling.

* Follow directions for mixing cakes containing butter. (Page 42).

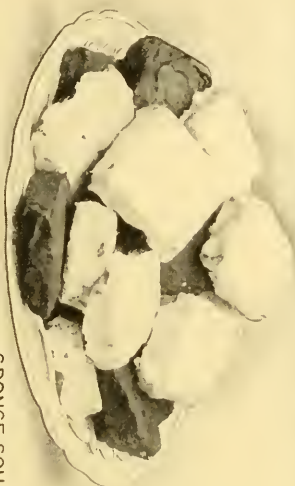




COCOANUT MACAROONS



SOOR CREAM CAKE



SPONGE SQUARES



CHOCOLATE LAYER CAKE

POUND CAKE

$\frac{2}{3}$ cup butter	2 cups flour
1 cup of whole eggs	$1\frac{1}{2}$ cups sugar
1 teaspoon Larkin Baking Powder	Pinch of Larkin Table Salt
	Larkin Flavoring

Cream butter and flour. Beat eggs until very light ; add sugar and baking powder. Add to flour and butter, mixing well. Add flavoring and beat thoroughly in long, even strokes. Bake in shallow pan.

Let stand until cold. Cut into small pieces, squares, diamonds and triangles and dip in fondant icing. The icing may be colored and flavored in a variety of ways, thus giving the assorted cakes. Will keep fresh indefinitely. This may be used for the small assorted cakes for parties or receptions.

**** LADY BALTIMORE CAKE***

1 cup butter	2 cups sugar
$3\frac{1}{2}$ cups flour	2 teaspoons Larkin Baking Powder
1 cup milk	
Whites of 6 eggs	

For the Filling

3 cups sugar	1 cup boiling water
1 cup chopped raisins	1 cup nuts
Whites of 3 eggs	5 figs

Boil the sugar and water to soft ball-stage. Beat the eggs and then add chopped fruit.

**** BLACKBERRY-JAM CAKE***

1 cup sugar	$\frac{3}{4}$ cup butter
3 eggs	$1\frac{1}{2}$ cups flour
$1\frac{1}{2}$ teaspoons Larkin Baking Powder	3 tablespoons cream
$\frac{1}{2}$ teaspoon Larkin Cloves	1 teaspoon Larkin Cinnamon
	1 cup blackberry jam
Bake in layers using blackberry jam as filling.	

SPONGE ROLL

Beat four eggs thoroughly. Beat in one cup of sugar ; add one cup of flour, sifted with one teaspoon of Larkin Baking Powder. Beat thoroughly, and add one-half teaspoon of Larkin Vanilla Flavoring Extract. Bake in moderate oven in large pan so that batter is not more than half an inch thick. When done, remove from pan, bottom side up, on a fresh towel. Spread with jelly and roll ; wrapping with towel to keep its shape.

**** MAPLE-SUGAR CAKE***

2 cups maple sugar	2 eggs
1 cup sour milk	1 teaspoon Larkin Soda
$\frac{1}{2}$ cup butter	

Stir as stiff as possible with flour because the sugar dissolves. Bake in a loaf.

* Follow directions for mixing cakes containing butter. (Page 42).



CREAM PUFFS

1 cup boiling water 1 cup butter
2 cups flour

Let the water boil with the butter, then stir in the flour. Let it cool, add five eggs stiffly beaten ; beat all well ; drop in muffin-rings. Bake one-half hour.

For the Filling. Heat one pint milk. Beat one-fourth cup flour, one cup sugar, two eggs together. Add this to the milk and boil three minutes. Fill the puffs with this cream, when wanted.

GINGER BREAD No. 1

$\frac{3}{4}$ cup of brown sugar

1 cup of molasses 1 egg
 $\frac{1}{2}$ cup of shortening 4 cups of flour
1 cup of sour milk 2 teaspoons of Larkin Soda
1 teaspoon of Larkin Ginger 1 teaspoon of Larkin Cinnamon

GINGER BREAD No. 2

$\frac{1}{4}$ cup of melted butter 1 egg
1 cup of molasses 1 cup of sour milk
 $2\frac{1}{3}$ cups of flour 2 teaspoons of Larkin Soda
2 teaspoons of Larkin Ginger $\frac{1}{2}$ teaspoon of Larkin Table Salt

ICINGS**BOILED ICING**

1 cup of granulated sugar $\frac{1}{4}$ cup of water
White of one egg

Boil the sugar and water until it will string when dropped from a spoon. Beat the white of the egg until stiff, and into it gradually beat the syrup. Flavor with Larkin Orange Flavoring Extract and beat until smooth.

UNCOOKED ICING

The whites of 2 eggs $1\frac{1}{2}$ cups of powdered sugar
 $\frac{1}{2}$ teaspoon of a Larkin Flavoring Extract

Beat the whites of the eggs until stiff and gradually beat in the sugar.

QUICK ICING

Make a paste of confectioner's sugar and cold water until of the proper consistency to spread. The proportions cannot be given, as the absorptive quality of the sugar varies. This icing should not be used on a cake that will stand long before being served.



CHOCOLATE ICING

Add Larkin Unsweetened Chocolate, melted, to any of foregoing recipes for icing.

COCOANUT ICING

Larkin Shredded Cocoanut may also be used with any of the three above recipes to alter the flavor.

ALMOND ICING

Add one-fourth teaspoon of Larkin Almond Flavoring Extract and one-fourth teaspoon of Larkin Orange Flavoring Extract to either of first two recipes for icing.

COOKIES**SOUR-CREAM COOKIES**

2 cups of sugar	1 cup of sour cream
1 cup of butter or other shorten-	2 eggs
ing	Flour to stiffen
1 teaspoon of Larkin Soda	$\frac{1}{2}$ teaspoon of Larkin Table Salt
$\frac{1}{2}$ cup caraway seed or $\frac{1}{2}$ teaspoon of Larkin Vanilla Flavoring	

Extract.

Cream butter, add sugar, and beat in yolks of eggs. Stir in sour cream, soda, salt, caraway seed and flavoring. Mix with enough flour to stiffen and fold in beaten whites of eggs. Add enough flour to make dough stiff enough to handle. Roll very thin.

CHOCOLATE COOKIES

4 eggs	1 cup of butter
1 cup of sugar	3 cups of flour
3 squares of Larkin Unsweetened Chocolate (melted)	$\frac{1}{2}$ teaspoon of Larkin Vanilla Flavoring Extract

Flour sufficient to roll very thin.

FRIED CAKES

1 cup of sugar	2½ tablespoons of butter
3 eggs	1 cup of milk
4 teaspoons of Larkin Baking Powder	$\frac{1}{4}$ teaspoon of Larkin Cinnamon
$1\frac{1}{2}$ teaspoons of Larkin Table Salt	$\frac{1}{4}$ teaspoon of Larkin Ground Nutmeg

Flour enough to roll.

Cream the butter, and add one-half the sugar. Beat eggs with remainder of sugar, and combine mixtures. Add three and one-half cups of flour with the baking powder, salt and spices, and more flour if not stiff enough to roll. Turn on to a floured board, knead slightly, and roll to about one-half inch in thickness. Cut out with a doughnut-cutter and fry in deep fat.

Fat to be of right temperature for fried cakes should smoke and if a cube of white bread is dropped in, bread should become a golden brown in sixty seconds.



HERMITS

2 cups of brown sugar	$\frac{3}{4}$ cup of butter
2 eggs	1 cup of hot water
1 cup of chopped seeded raisins	1 cup of hickory-nut meats
1 teaspoon of Larkin Cloves	1 teaspoon of Larkin Cinnamon
1 teaspoon Larkin Allspice	2 teaspoons of Larkin Baking Powder

Add sufficient flour to make batter stiff enough to drop from spoon onto buttered tins.

OATMEAL MACAROONS

2 tablespoons of butter	1 cup of sugar
2 eggs	$\frac{1}{2}$ teaspoon of Larkin Table Salt
1 teaspoon of Larkin Baking Powder	3 cups of rolled oats

Cream the butter and sugar, add eggs well beaten but not separated, salt, rolled oats and baking powder. Bake in a hot oven until brown and crisp.

SPONGE SQUARES

Bake the Sponge Cake No. 1 recipe in a dropper and when cool cut in inch squares with a sharp knife. Ice these squares with a chocolate-, vanilla-, or orange-icing. They are very nice with ice-cream.

PASTRY

"WHAT A BRAVE PIECE OF COOKERY."—*Ben Jonson.*

PASTRY is one of the difficult things in cookery. The fat incorporated into the flour surrounds the starch-globules and prevents the action of the saliva, thus interfering with the process of digestion. Care must be taken therefore, to make the pastry light, dry and flaky.

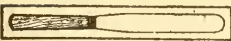
There are two kinds of paste used—puff and plain.

Puff paste is made only with much care and difficulty by people with deft and light touch, as it must be handled very delicately to be a success.

Puff paste is used for pastry-shells, vol-au-vents, tarts. Plain paste is easier to make and is what is commonly used for pie-shells.

MATERIALS AND UTENSILS

A fine pastry flour. Shortening in plain paste may be either butter, beef-suet, lard or olive oil. The water should be about the same temperature as that of the room.



Spatula or Mixing-Knife

The needful articles are a moulding-board, a rolling-pin, a flour-dredge, a spatula for mixing.

Any kind of paste will keep uncooked for a day or two, if kept cool, but a pie should be eaten the day it is made. A few pies such as pumpkin or mince, will keep a day or so, but mince pies should be re-heated before they are served.

PLAIN PASTE

1½ cups of flour

½ teaspoon of Larkin Table Salt

⅓ cup of lard

Cold water

Work the lard into the flour very carefully and mix into a dough with water sufficient to roll. Handle with great care, as the more the dough is handled, the less tender it becomes.

ORANGE MERINGUE PIE

2 eggs

½ cup of sugar

3 tablespoons of Larkin Corn Starch

1 pint of milk

1 teaspoon of Larkin Orange Flavoring Extract

Juice and grated rind of ½ medium size orange

Beat the yolks of the eggs with the sugar. Moisten the Corn Starch in a portion of the milk. Scald the remainder. Stir the other ingredients into the milk and cook. Pour into a baked pastry-shell. Cover with a meringue made by adding to the beaten whites of the eggs, three-fourths cup of sugar. Brown in a moderate oven.

COCOANUT PIE

4 eggs

1 cup of powdered sugar

½ cup of butter

1 cup of Larkin Shredded

1 quart of milk

Cocoanut

1 teaspoon of Larkin Corn Starch

½ teaspoon of Larkin Vanilla Flavoring Extract

This quantity is sufficient for two pies.

LEMON PIE

3 eggs

¾ cup of sugar

4 tablespoons of Larkin Corn Starch

Juice and rind of 1 large lemon or 2 small

1 pt. of water

lemons

Beat the yolks of the eggs with the sugar. Moisten the Corn Starch in a portion of the water. Boil remainder with the grated rind and juice of the lemon for twenty minutes. Strain and add to the water, the other ingredients. When thickened, pour into a paste-shell and cover with a meringue made from the whites of the eggs and one cup of sugar.

Brown in a moderate oven and serve cold.



APPLE MERINGUE PIE

Make an apple sauce from tart apples, sufficient for one pie. Flavor with the juice of a lemon and one-fourth teaspoon of Larkin Nutmeg. Put in a dish lined with paste, and bake. Make a meringue of the whites of two eggs and three-fourths cup of sugar.

Brown and serve cold.

PUMPKIN PIE

Stew the pumpkin, simmering it down to evaporate all possible moisture. Mash through a colander. To each cup of pumpkin allow three-fourths of a cup of rich milk, one egg, one teaspoon of Larkin Cinnamon, one-half teaspoon of Larkin Cloves, one teaspoon of Larkin Ginger, one-quarter cup of sugar. Bake in deep pie-plate lined with crust. One-half teaspoon of Lemon Flavoring Extract may also be used.

MINCE PIE

Make mince meat in this proportion :

1 cup of chopped beef	2 cups of chopped apples
1 teaspoon of Larkin Table Salt	1 teaspoon of Larkin Cinnamon
1 cup of brown sugar	
$\frac{1}{2}$ cup of raisins	$\frac{1}{2}$ cup of currants
1 cup of cider	$\frac{1}{2}$ cup of citron, lemon and orange peel, mixed

CHOCOLATE CREAM PIE

Moisten half a package of Larkin Prepared Chocolate Pudding-powder in a small quantity of milk. Scald the remainder of one pint of milk. Add the moistened powder and cook ten minutes. Pour into a baked pie-shell and cover with a meringue made from the whites of two eggs beaten to a stiff froth and one-half cup of granulated sugar. Spread over the cream and brown. Serve warm or cold.

CUSTARD PIE

4 eggs	$2\frac{1}{2}$ cups of milk
$\frac{2}{3}$ cup of sugar	$\frac{1}{4}$ teaspoon of Larkin Table Salt
$\frac{1}{4}$ teaspoon of Larkin Nutmeg	

Beat the eggs and sugar. Add a portion of the milk. Pour into a pie-plate lined with paste, add the remainder of the milk and bake in moderate oven one-half hour, or until the custard is firm.

APPLE TURNOVERS

Make a rich biscuit-dough by putting one pint of flour into a bowl, adding half a teaspoon of Larkin Table Salt and two teaspoons of Larkin Baking Powder. Mix thoroughly, then rub into this, one tablespoon of butter, and add sufficient milk to make a soft dough. Roll out into a thin sheet, and cut into circles with a biscuit-cutter. Cover half the circle with apples, cut into slices, turn the other half over them, and press the edges tightly together. Brush with milk and bake twenty minutes. Serve with custard sauce

APPLE FRITTERS

3 eggs beaten lightly	1 teaspoon Larkin Table Salt
1 pt. milk	$\frac{1}{2}$ cup sugar
2 cups chopped apples	2 cups flour

Flavor with Larkin Nutmeg. Stir well and fry on griddle. Sift sugar over them and send to the table hot.



DESSERTS

"PRETTY LITTLE TINY KICKSHAWS."—*Shakespeare.*

THE dessert course of a luncheon or dinner is usually a sweet of some preferred kind. This includes the Custards, the Gelatine combinations, the Charlottes, and the Ice-creams, Ices, Frozen Puddings. These are separated into groups according to the thickening agent—as Corn Starch, Gelatine, Eggs, Tapioca, etc.

TAPIOCA BAKED CUSTARD

Soak two-thirds of a cup of Larkin Pearl Tapioca in one cup of milk for several hours. Scald the remainder of one quart of milk, and add moistened Tapioca. Cook twenty minutes; add one tablespoon of butter, a pinch of Larkin Table Salt and one egg beaten light with one-half cup of sugar. Bake half an hour. Serve with custard sauce or with cream, flavored with Larkin Vanilla Flavoring Extract or Larkin Nutmeg.

TAPIOCA CREAM

Soften three tablespoons of Larkin Pearl Tapioca in water over night. Add to one quart of scalded milk and cook until Tapioca is clear; stir in the yolks of three eggs beaten light with three-fourths of a cup of sugar. Cook two or three minutes, add Larkin Table Salt and flavor with one-half teaspoon of Larkin Vanilla Flavoring Extract. Pour into a deep dish, and cover with a meringue made from the whites of the eggs beaten stiff with one-half cup of powdered sugar. Brown in a slow oven and serve cold.

APPLE TAPIOCA

Thoroughly wash one-half cup of Larkin Pearl Tapioca in several waters. Cook in water to cover, in a double boiler, until transparent. Put a layer of apples, pared and quartered, in the bottom of a baking-dish, pour the tapioca over it, and bake in a covered dish until the apples are tender. Remove cover and brown. Serve with cream and sugar. Larkin Sago may be used instead of Tapioca.



INDIAN TAPIOCA

Into a pint of scalded milk stir one-third of a cup of Larkin Pearl Tapioca that has been soaked for three hours in water, and two tablespoons of Indian meal. Stir until tapioca becomes transparent; then stir in one-half cup of molasses, one tablespoon of butter, one-fourth teaspoon of Larkin Table Salt. Pour into a buttered baking-dish, and over it pour three-fourths of a cup of milk—without stirring. Put into oven and bake an hour. Serve warm or cold with cream.

COCOANUT TAPIOCA-CREAM

Follow directions for making Tapioca Cream, stirring into the cream one-half cup of Larkin Shredded Cocoanut before adding the meringue. Serve very cold with jelly.

FIG TAPIOCA

Soak one-half cup of Larkin Pearl Tapioca in one and one-half cups of cold water. Cut one-half pound of figs in small pieces and cover with cold water. Cook until figs are soft, and put into a double boiler, add the tapioca and steam until clear—or about two hours. Serve warm or cold with cream and sugar.

PRUNE TAPIOCA

Prepare the same amount of prunes and Larkin Pearl Tapioca as above. The prunes, being juicier, do not require quite so much water as the figs. Remove the pits, after the fruit is stewed, and cook with the tapioca in the same way. Serve cold with a hard sauce, made of equal parts of pulverized sugar and butter, and flavored with lemon juice.

STRAWBERRY SAGO

Soak one cup of Larkin Sago in three cups of cold water for two hours, and cook in a double boiler until transparent. When cool, pour over strawberries in a mold and serve perfectly cold with sugar and cream. Raspberries, blackberries and pineapple may be used in place of the strawberries.

SAGO CREAM

Soften three tablespoons of Larkin Sago in water over night. Add to one quart of scalded milk and cook until sago is clear; stir in the yolks of three eggs beaten light with three-fourths of a cup of sugar. Cook two or three minutes, add salt, and flavor with one-half teaspoon of Larkin Orange Flavoring Extract. Pour into a deep dish, and cover with a meringue made from the whites of the eggs beaten stiff with one-half cup of powdered sugar. Brown in a slow oven and serve cold.

PLAIN RICE-PUDDING

1 qt. milk ½ cup rice
 ¼ teaspoon Larkin Table Salt 1 cup of raisins
 Sugar to taste

Stir rice and raisins with one-half the milk in pan and bake for one hour, frequently stirring to prevent browning on top. Add the remainder of milk and sweeten to taste. Bake for another hour, frequently stirring as above.

APPLE BATTER-PUDDING

1 egg 1 cup of milk
 1½ teaspoons of Larkin Baking Powder ¼ teaspoon Table Salt
1½ cups of flour

Slice apples into a buttered baking-dish, sprinkle over them one teaspoon of Larkin Cinnamon or Larkin Nutmeg. Pour the batter over the apples and bake one-half hour in a moderate oven. Serve with hard sauce.



BROWN BETTY

Put a layer of bread crumbs into a well-buttered baking-dish ; on the crumbs small bits of butter ; next a layer of apples, cored and sliced ; with sugar and Larkin Nutmeg or Larkin Cinnamon. Repeat this until the dish is full. Add one-half cup of water ; bake in a moderate oven. Serve with hard sauce.

ORANGE CREAM-PIE

¼ cup of butter creamed	2 eggs beaten with ½ cup of sugar
with ½ cup of sugar	until light
Add to butter grated rind of ½ orange	
½ cup of orange-juice	½ cup of milk or water
3 teaspoons Larkin Baking Powder	2 cups flour

Bake in two layers.

For the Filling. Scald one cup of milk, reserving enough to mix with two tablespoons flour. Add this to hot milk. Stir until smooth and cook twenty minutes. Add one egg beaten or yolks of two. Add one-half cup of orange-juice and grated rind of one orange. Cook one minute more. Take from fire and add one-half cup of sugar. One-half teaspoon of flavoring. Spread when cool.

WASHINGTON CREAM-PIE

2 tablespoons butter	1 cup sugar
1 egg	1½ cup flour
1 cup milk	2 teaspoons Larkin Baking Powder
½ teaspoon Larkin Vanilla Flavoring Extract	

Cream butter and sugar ; add egg unbeaten. Mix well and beat. Add milk and flour alternately. Bake in two layers.

For the Filling.

1 cup milk	1 tablespoon flour (moistened in a little milk)
½ cup sugar	
1 egg	

Heat milk in double boiler. Add flour. Beat sugar and egg until light and add. Mix well and cook fifteen to twenty minutes. Cool and spread between layers.

SPONGE RING WITH FRUIT

Make a sponge cake by using two eggs, one-half cup of sugar, one-half cup of flour and one-half teaspoon of Larkin Baking Powder. Bake in a ring-mold. Serve by removing from mold and into the center piling cut oranges, or oranges and bananas. This may be served with the sauce given with the Cottage Pudding.



FRUIT MERINGUE

Whites of 5 eggs	$\frac{1}{2}$ cup of sugar
$\frac{1}{4}$ teaspoon cream of tartar	$\frac{1}{2}$ cup preserves or finely-cut blanched almonds

Beat the eggs until foamy, add cream of tartar and beat until dry; add sugar and fruit. Turn the mixture into a large buttered mold and cook in a steamer for twenty minutes without letting the water boil. Serve with custard sauce.

COTTAGE PUDDING

2 tablespoons of butter	$\frac{1}{2}$ cup of sugar
1 egg	$\frac{3}{4}$ cup of milk
$1\frac{1}{2}$ cups of flour	$\frac{1}{4}$ teaspoon of Larkin Table Salt
2 teaspoons of Larkin Baking Powder	$\frac{1}{2}$ teaspoon of Larkin Vanilla Flavoring Extract

Bake in a dripping-pan. Serve hot with Foamy Pudding-Sauce.

FIG PUDDING

1 cup of figs (chopped)	1 cup of sweet milk
1 cup of molasses	$1\frac{1}{2}$ cups of Graham flour
$1\frac{1}{2}$ teaspoons of Larkin Soda	

Steam three hours and serve with a sauce.

NUT PUDDING

1 cup of molasses	1 cup of chopped suet
1 cup of sweet milk	$2\frac{1}{2}$ cups of flour
$\frac{1}{2}$ teaspoon of Larkin Nutmeg	1 teaspoon of Larkin Soda
$\frac{1}{2}$ teaspoon of Larkin Table Salt	1 pound of English Walnuts (chopped)
$\frac{1}{4}$ pound of figs (chopped)	

Steam two and one-half hours.

CARAMEL PUDDING

1 tablespoon of butter	1 pt. of milk
1 egg	$\frac{2}{3}$ cup of sugar
3 tablespoons of Larkin Corn Starch	$\frac{1}{4}$ teaspoon of Larkin Table Salt
	$\frac{1}{2}$ teaspoon of Larkin Vanilla Flavoring Extract

Put the sugar into a frying-pan and melt, shaking the pan constantly so that it will not burn. Heat the milk and blend it with the sugar. Add the Corn Starch and egg. Flavor, pour into a mold and serve cold with cream.

NOTE. All measurements are made level. A cupful means a *level* cupful. A spoonful means a *level* spoonful. (See page 9). Flour is sifted once before being measured.



ORANGE PUDDING

- | | |
|-------------------------------------|----------------|
| ½ cup of sugar | 1 pint of milk |
| 1 orange | 2 eggs |
| 3 tablespoons of Larkin Corn Starch | |

Moisten the Corn Starch in a small portion of the milk. Beat the yolks of the eggs with the sugar. Scald the milk and add to it the grated rind of the orange, the corn starch, eggs, and sugar, and orange-juice in the order named. When cooked, pour into a pudding-dish. Cover with meringue made from the whites of the eggs and one-half cup of sugar. Brown in the oven, and serve cold.

STEAMED CUP-PUDDING

Make a batter of one cup of milk, one egg, one teaspoon of Larkin Baking Powder, one-fourth teaspoon of Larkin Table Salt, one and one-half cups of flour. Put any desired fruit into a well-buttered cup, cover with the batter and steam twenty minutes. Serve with a sauce.

GRAHAM PUDDING

- | | |
|-------------------------------|-------------------------------|
| 1 cup of molasses | 1 cup of milk |
| 1 egg | 1 tablespoon of butter |
| 1 teaspoon of Larkin Soda | 1 teaspoon of Larkin Allspice |
| 1 teaspoon of Larkin Cinnamon | 1 teaspoon of Larkin Cloves |
| 1½ cups of Graham flour | 1 cup of raisins |

Steam three hours.

VANILLA BLANC-MANGE

- | | |
|----------------------------------|---|
| 6 tablespoons Larkin Corn Starch | 1 qt. milk |
| | 2 eggs |
| ¾ cup granulated sugar | ½ teaspoon Larkin Vanilla Flavoring Extract |

Moisten Corn Starch in eight tablespoons of milk. Scald the remainder. Cook fifteen minutes. Beat sugar and eggs together until light and add. Cook two minutes, take from fire and add Vanilla. Pour into mold and cool. Serve thoroughly cold with cream.

CHOCOLATE BLANC-MANGE

In one-half cup of milk, soften one-fourth box of Larkin Gelatine. Scald one and one-half cups of milk, and stir into it two ounces of Larkin Unsweetened Chocolate, a pinch of Larkin Table Salt, and one-half cup of sugar; when smooth, take from fire and add Gelatine and one-half teaspoon of Larkin Vanilla Flavoring Extract. Mold and serve with whipped cream.



RECIPES FOR USING LARKIN PREPARED PUDDINGS

CHOCOLATE**VANILLA****ORANGE****LEMON**

Moisten the contents of the package in three-fourths of a cup of cold milk. Scald the remainder of a quart of milk and into it stir the moistened powder. Cook from ten to twenty minutes, stirring constantly. Pour into molds and serve hot or cold, with whipped or plain cream or milk. May be further sweetened with sugar if desired. This quantity makes one quart of pudding.

Note:—In preparing Orange and Lemon Pudding, the flavoring-capsule contained in the package should be added just before taking from the fire, stirring until dissolved.

PLAIN BAVARIAN CREAM

Moisten the contents of one-half box of Larkin Gelatine in one-half cup of cold water, one pint of milk and stir into it the yolks of four eggs beaten with one cup of sugar. When cooked, take from stove, add the Gelatine, one pint of cream whipped until stiff, and one-half teaspoon of Larkin Vanilla Flavoring Extract. Pour into mold and serve cold.

ALMOND BAVARIAN CREAM

Follow directions for making Plain Bavarian Cream, adding a cup of finely chopped, blanched almonds and one-half teaspoon of Larkin Almond Flavoring Extract. Many pleasing variations may be made with the Plain Bavarian Cream as a basis.

SNOW PUDDING

Moisten the contents of one-half box of Larkin Gelatine in one-half cup of cold water. Add to it a hot syrup made from one-half pint water, rind of one and juice of two lemons, three-fourths-cup of sugar. Strain and let it remain until nearly cold and beginning to set; then add the beaten whites of two eggs. Beat ten minutes. Pile high in a glass dish and serve with a thin custard sauce.

COCOANUT CREAM-PUDDING

Scald one pint of milk and add one cup of Larkin Shredded Cocoanut; stir in three tablespoons of Larkin Corn Starch moistened in one-fourth cup of milk. Beat the yolks of two eggs with three-fourths-cup of sugar until light and add to the milk. Add beaten whites and one-half teaspoon of Larkin Vanilla Flavoring Extract. Pour into pudding-dish. Cover top thickly with Cocoanut and brown in oven. Serve cold with or without cream.

PLAIN LEMON JELLY

1 pkg. Larkin Gelatine 1 cup of cold water
3 pts. of freshly boiled water
1 cup of sugar

Juice of 3 lemons or $\frac{1}{2}$ cup of lemon-juice

Moisten Gelatine in cold water for two minutes, pour on boiling water, add sugar and lemon-juice and strain through cheese-cloth or soft linen into molds.



ORANGE JELLY

Moisten one-half package of Larkin Gelatine in one-half cup of cold water. Dissolve in one cup of freshly boiled water, adding one cup of sugar, one pint of orange-juice, the juice of one lemon and one-half package of orange coloring-powder. Mold and serve with whipped cream.

COFFEE JELLY

$\frac{1}{2}$ pkg. Larkin Gelatine $\frac{1}{2}$ cup of cold water
 $1\frac{1}{2}$ pts. of strong hot coffee $\frac{3}{4}$ cup of sugar

Moisten Gelatine in cold water. Add sugar and hot coffee, stir until thoroughly dissolved, and strain into mold. Serve with whipped cream or a thin custard sauce.

CLEAR MINT JELLY

1 pt. boiling water 1 cup cut up mint-leaves
 $2\frac{1}{2}$ tablespoons powdered sugar 6 tablespoons lemon-juice
 $\frac{1}{2}$ pkg. Larkin Gelatine $\frac{1}{2}$ cup cold water
 Green coloring to suit $\frac{1}{4}$ cup boiling water

Cut up the mint-leaves and steep one-half hour in the pint of boiling water. Moisten the Gelatine in the cold water and add the one-fourth cup of boiling water. Strain the mint and add Gelatine, sugar, lemon-juice and sufficient Larkin Apple-Green Paste Color. Strain and pour into mold. Chill and serve with roast lamb.

FRUIT JELLY

Follow directions for making Plain Lemon Jelly, varying the amount of sugar according to the kind of fruit, allowing one layer to harden before more jelly is added. Alternate layers of fruit and jelly until mold is filled. By careful and painstaking molding, many beautiful designs can be worked out with the fruit.

SPICED GRAPE-JUICE JELLY

$\frac{1}{2}$ teaspoon Larkin Cloves $\frac{1}{2}$ teaspoon Larkin Allspice
 2 teaspoons Larkin Cinnamon 1 pt. cold water.
 1 pt. of grape-juice 1 cup of sugar
 1 pkg. of Larkin Gelatine 1 cup cold water
 Juice and rind of 1 lemon
 Boil 20 min.

BANANA WHIP

3 bananas Juice of 1 lemon
 $\frac{1}{2}$ cup cold water 1 pt. freshly boiled water
 1 cup sugar $\frac{1}{2}$ pkg. Larkin Gelatine
 $\frac{1}{2}$ pkg. of pink coloring-powder

Remove the skins and indigestible portion of the bananas. Cut fine, add lemon-juice and beat to a creamy mass. Moisten Gelatine in cold water, add sugar, bananas and coloring, and beat again until foamy. Pour into a mold and serve with cream.





ORANGE JELLY



SPONGE RING



CHOCOLATE PUDDING



ALMOND BAVARIAN CREAM

PRUNE SPONGE

Soak one pound of French Prunes over night in enough water to cover them. In the morning, stew in the same water until tender. Add one cup of sugar, and put through a sieve to retain all stones and skins. To the pulp, add one-half box of Larkin Gelatine softened in one-half cup of water, the juice of one lemon and one orange. Beat until foamy. Then add the stiffly beaten whites of two eggs and beat again until all are thoroughly mixed. Mold.

VELVET CREAM

$\frac{1}{2}$ pkg. Larkin Gelatine	$\frac{1}{2}$ cup of cold water
1 cup of boiling water	2 cups of sugar
1 quart of cream	1 teaspoon of Larkin Vanilla Flavoring Extract

Moisten the Gelatine in the cold water for three minutes and pour over it the boiling water. Whip the cream and add the sugar to it. Beat the Gelatine into it, add the flavoring, and chill.

LARKIN PREPARED JELLY DESSERT**ORANGE****LEMON**

Moisten the contents of the package in one-fourth cup of cold water. Add one and three-fourths cups of boiling water. Stir until dissolved. Pour into mold and set on ice to harden. Serve as dessert with cream, plain or whipped.

WINE JELLY

1 package of Larkin Gelatine	1 cup of cold water
3 pints of freshly boiled water	1 cup of sugar
Juice of 1 lemon	$\frac{1}{4}$ cup of sherry wine

Moisten the contents of the package in the cold water for two minutes. Add sugar, pour over this the boiling water. Add lemon-juice and wine. Strain through cheese-cloth or soft linen into molds. This may be used for invalids or as a dessert. Serve with whipped cream.

FRUIT SPONGE

$\frac{1}{2}$ lb. apricots	1 cup sugar
1 orange	1 lemon
5 dessertspoons Larkin Gelatine	Whites of 3 eggs
	$\frac{1}{2}$ cup cold water

Wash apricots and soak in water sufficient to cover. Cook slowly below the boiling-point until the apricots are tender. Add sugar and bring to a boil for fifteen minutes. Take from fire and mash through a wire strainer. Use one and one-half cups of the strained pulp. Add the juices of the orange and lemon, and the gelatine softened in cold water.

PUDDING SAUCES

"THE SUPERFLUOUS. A VERY NECESSARY THING."—*Voltaire*.

HARD SAUCE

Use two parts of pulverized sugar to one part of butter. Cream the butter and add the sugar gradually until very light. Flavor with Larkin Nutmeg or with lemon-juice.

LEMON SAUCE

- | | |
|---|------------------------------|
| 2 tablespoons of butter | $\frac{1}{2}$ cup of sugar |
| 1 tablespoon of Larkin Corn Starch | 1 cup of boiling water |
| | Juice of $\frac{1}{2}$ lemon |
| $\frac{1}{2}$ teaspoon of Lemon Flavoring Extract | |

Beat thoroughly the butter, sugar, Corn Starch and eggs. Pour water over them and cook in a double boiler.

FOAMY SAUCE

- | | |
|----------------------------|------------------------------------|
| 1 cup of milk | 1 tablespoon of Larkin Corn Starch |
| 2 tablespoons of butter | 1 egg |
| $\frac{1}{2}$ cup of sugar | |

Moisten the Corn Starch in a small portion of the milk. Scald the remainder, stir in the Corn Starch and add the butter. Beat the sugar and stir into it the milk. Beat the white of the egg until stiff and fold into the custard carefully.

HOT CHOCOLATE-SAUCE

- | | |
|----------------------------|---|
| 1 cup of cream | 2 squares of Larkin Unsweetened Chocolate |
| $\frac{1}{2}$ cup of sugar | |

Blend the sugar and chocolate, and heat. When melted, add the cream, which should be scalded before adding. Flavor with one-half teaspoon of Larkin Vanilla Flavoring Extract and one-eighth teaspoon of Larkin Table Salt. Serve hot, over plain Vanilla Ice-cream.

COLD CHOCOLATE-SAUCE

- | | |
|---|--|
| 1 cup of milk | 1 egg |
| 1 tablespoon of butter | $\frac{1}{2}$ cup of sugar |
| 1 square of Larkin Unsweetened Chocolate | $\frac{1}{2}$ teaspoon of Larkin Vanilla Flavoring Extract |
| $\frac{1}{8}$ teaspoon of Larkin Table Salt | |

CANDIES

"ALL THAT'S SWEET WAS MADE BUT TO BE LOST WHEN SWEETEST."—*Moore.*

CHOCOLATE FUDGE

Two cups of granulated sugar, two-thirds cup of milk, one ounce of butter, two ounces of Larkin Unsweetened Chocolate, one-half teaspoon of Larkin Vanilla Flavoring Extract.

Put sugar and milk over fire until boiling point is reached. Melt chocolate and add to mixture. Cook until syrup will form a soft ball, if tried in cold water. Take from fire, add butter and Vanilla Extract. Let dish stand in cold water until mixture is nearly cool, then beat until creamy. Pour quickly into a buttered pan and when cool, cut in squares.



COCOA FUDGE

Two cups of granulated sugar, one ounce of butter, two-thirds cup of milk, two ounces of Larkin Cocoa, one-half teaspoon of Larkin Vanilla Flavoring Extract. Mix Cocoa with sugar, and prepare the same as Chocolate Fudge.

OLD-FASHIONED COCOANUT CREAMS

Boil two cups of granulated sugar and two-thirds cup of water. When boiling rapidly, add one-eighth teaspoon of cream of tartar. Cook until it will form a soft ball if dropped into cold water. Take from fire, and add one cup of Larkin Shredded Cocoanut and one-half teaspoon of Larkin Vanilla or Orange Flavoring Extract. Drop upon waxed paper.

COCOANUT FUDGE

Two cups of brown sugar, one-half cup of milk, two ounces of butter, one-half teaspoon of a preferred flavoring, one cup of Larkin Shredded Cocoanut. Put sugar and milk over fire until the boiling-point is reached, add butter and cook until it nearly strings. Take from fire, add flavoring and Cocoanut, and stir until it snaps. Pour quickly into buttered tin; cool and cut into squares.

CARAMEL FUDGE

Stir three cups of sugar and one cup of thin cream. Boil, without stirring, to soft ball-stage. At the same time, stir one cup of sugar over the fire until it caramels.

Pour caramel into first mixture and let it boil up once. Take from fire and beat until thick, adding one-half cup citron, candied cherries, pineapple, and plums cut fine, and one cup of pecan-nut meats.

WINTERGREEN CREAMS

Wintergreen Creams are made by boiling two cups of sugar and two-thirds of a cup of water. When boiling rapidly, put in one-eighth teaspoon of cream of tartar. When the syrup strings, take from fire, add one teaspoon of Larkin Essence of Wintergreen, and beat until it begins to grain. Drop quickly on waxed or buttered paper.

PEPPERMINT CREAMS

Two cups of granulated sugar, two-thirds cup of boiling water, one teaspoon of Larkin Peppermint, one-eighth teaspoon of cream of tartar. Prepare the same as Wintergreen Creams.



PEANUT BRITTLE

Shell, measure and chop a quart of nuts. Measure an equal portion of granulated sugar. Put sugar in saucepan over the fire, gently shaking until sugar is entirely dissolved. Put the nuts on a buttered tin and pour dissolved sugar over it. Cool and break into squares.

SULTANA FUDGE

Melt one-fourth cup of butter, and stir into it two cups of sugar, one-fourth cup of molasses, one-half cup of milk. Boil four minutes. Stir in two squares of Larkin Unsweetened Chocolate, scraped fine; boil four minutes. Add one-half teaspoon of Larkin Vanilla Flavoring Extract. Take from fire and beat it until it will spread. Stir in two-thirds cup of chopped English walnuts, and one-third cup of sultana raisins; pour in buttered tins. Cool and cut into squares.

CHOCOLATE PEPPERMINTS

Follow the formula for Peppermint Creams, adding one and one-half ounces of Larkin Unsweetened Chocolate.

BUTTER SCOTCH

1 cup of sugar	$\frac{1}{4}$ cup of molasses
1 tablespoon of vinegar	2 tablespoons of boiling water
$\frac{1}{2}$ cup of butter	

Boil ingredients until when tried in cold water the mixture will become brittle. Turn into a well-buttered pan, and when slightly cool mark into squares with a sharp-pointed knife.

VANILLA CARAMELS

2 cups of sugar	$\frac{1}{2}$ cup of cream
$\frac{1}{4}$ cup of butter	$\frac{1}{4}$ cup of syrup
$\frac{1}{2}$ teaspoon Larkin Vanilla Flavoring Extract	

Cook to soft ball. Do not stir. Pour into molds and when cool, cut into squares. Wrap in waxed papers.

TURKISH PASTE*Mint Flavor*

Pour one-half cup of cold water over three tablespoons Larkin Gelatine. Let stand until the water is all absorbed.

Pour one-half cup cold water over two cups of granulated sugar. Stir until dissolved. Heat to the boiling point. Add gelatine and cook twenty minutes after boiling begins. Remove from fire and add two tablespoons of lemon-juice. Flavor to taste with Larkin Essence of Peppermint and color with Larkin Apple-Green Paste Color. Turn into unbuttered pans to stand until cold and firm, preferably over night. Then loosen with the point of a knife at the edge; gently pull from the pan to a paper, spread with sifted confectioner's sugar. Cut into squares; roll in the sugar.



DIRECTIONS FOR FREEZING ICE-CREAM

"MY CHOICE WOULD BE VANILLA ICE."—Holmes.

ALL creams should be carefully mixed before putting into the can of the freezer. Be sure the can has been scalded and then cooled. Put the cream in the can, fasten down the gear and pack with ice and salt—three parts ice, crushed very fine, to one part of salt. Use Rock Salt always. The salt draws the heat from the ice and the briny water resulting is many degrees lower in temperature than the ice. This reduces the mixture to the freezing-point, and if the mixture is stirred evenly throughout the time of freezing, the result will be a smooth, fine-grained cream. Do not pour out the salty water and re-fill with ice. This is a mistake people often make.

Ice-cream made from pure cream is liked by so many people that we will give a formula for this kind.

VANILLA ICE-CREAM No. 1

1 quart whipping-cream 1 cup of sugar
1 teaspoon of Larkin Vanilla
Flavoring Extract

Whip the cream with a cream-whip. Add sugar and flavoring, and freeze.

VANILLA ICE-CREAM NO. 2

Soften one-quarter box or two dessert-spoons of Larkin Gelatine in one cup of milk. Scald the remainder of one quart of milk and pour over the gelatine, adding one and one-half cups of sugar, one pint of cream, one teaspoon of Larkin Vanilla Flavoring Extract, and a quarter-teaspoon of Larkin Table Salt. Freeze, then re-pack and allow to ripen two hours, that the ingredients may be well blended.

CARAMEL ICE-CREAM No. 1

Use recipe for either Vanilla Ice-cream No. 1 or No. 2, omitting the Vanilla Flavoring Extract. Bring one-third of the sugar to a caramel stage and add to the cream after it has been whipped, and freeze.

COFFEE ICE-CREAM

Use recipe for either Vanilla Ice-cream No. 1 or No. 2, omitting the Vanilla Flavoring Extract. Add to the cream, one-half cup of strong Larkin Coffee and an additional half cup of sugar, and freeze.



PEACH ICE-CREAM

One quart of whipping-cream, one and one-half cups of sugar, one quart or a dozen ordinary sized peaches. Whip the cream and add the sugar. Pare and mash the peaches through a colander. Freeze the cream and when nearly ready, take out the dasher and add the fruit. Pack and set aside for two hours. Add one-half teaspoon of Larkin Almond Flavoring Extract if that flavoring is liked.

BANANA ICE-CREAM

One quart of cream, four bananas, one and one-half tablespoons of lemon-juice, one cup of sugar. Remove the skins of the bananas, mash through a sieve, add lemon-juice and beat until foamy. Beat the cream, add sugar and fruit and freeze as usual. This cream mellows and is much better for a longer re-packing than most other creams.

FRUIT ICE-CREAM

Using either of the Vanilla Ice-cream recipes. Any fruit may be added to the mixture when the dasher is taken out, always modifying the flavoring to suit the added fruit.

CHOCOLATE ICE-CREAM

2 dessert-spoons of Larkin	1 quart of milk
Gelatine	2 eggs
2 cups of sugar	1 pint of cream
2 teaspoons of Larkin Vanilla	2 squares of Larkin Unsweetened
Flavoring Extract	Chocolate.

Soften the Gelatine in one cup of the milk. Scald the remainder, with the chocolate, and into it stir the beaten yolks and sugar. When thickened, add the softened gelatine. Cool, and add the beaten whites, cream and Vanilla Flavoring Extract. Freeze.

CARAMEL ICE-CREAM No. 2

With the foregoing formula, a pleasant flavor may be obtained by omitting the chocolate and adding one cup of sugar cooked to the caramel stage.

ITALIAN TUTTI FRUTTI

Soften one-fourth box of Larkin Gelatine in one-half cup of cold water. Make a syrup of two cups of sugar and one quart of water by boiling twenty minutes. Pour over gelatine, strain, and cool. When sufficiently cool, put into freezer, adding the juice of four lemons, four oranges, with the grated rind of two of the oranges. Freeze, using three parts of ice to one of salt, and when the mixture is partially frozen, add one pound of candied fruits and almonds, cut fine, and soaked in one cup of grape-juice for several hours or over night. When thoroughly mixed take out dasher, re-pack and allow to ripen an hour before serving.



FROZEN CUSTARD

- | | |
|------------------------------|-------------------------------|
| 1 qt. of milk | 4 eggs |
| 1 cup of sugar | 2 teaspoons of Larkin Vanilla |
| 2 tablespoons of Larkin Corn | Flavoring Extract, or |
| Starch | other flavoring if preferred |

Prepare as for any custard, scalding the milk, and adding to it the Corn Starch moistened in a small portion of the milk. Beat the eggs separately, adding the sugar to the yolks, and then the beaten whites. The Corn Starch should be cooked below boiling-point; then the eggs and sugar added. Cook mixture two minutes. Take from the fire; add the flavoring. Let cool and when thoroughly chilled, freeze, using three parts of ice, chopped very fine, to one part of salt. When frozen, remove the dasher, pack with more ice and salt, and allow to ripen two hours before serving. Makes two quarts.

ICED RICE-PUDDING

Cook one-half cup of rice in a quart of boiling salted water; when soft, drain, and pour over it one quart of milk; add to this one cup of sugar beaten with the yolks of two eggs. Beat the whites separately and add the yolks before stirring into the milk. Do not cook the eggs. Cool and flavor with one-half teaspoon of Larkin Orange Flavoring Extract and one-half teaspoon of Larkin Nutmeg. When chilled, freeze the same as any ice-cream. Makes two quarts.

GINGER ICE

Make a syrup of a quart of water and the juice of four lemons and two cups of sugar. Pour this over a dessertspoon of Larkin Gelatine that has been moistened in a small portion of water; stir until dissolved, and cool. Freeze and when dasher is ready to be removed, stir in one-fourth pound of candied ginger-root. Remove the can from the tub and loosen the Ginger Ice from the sides by applying a cloth wrung from hot water. Serve whole or in slices. Makes two quarts.

CURRENT ICE

Boil two cups of water with two cups of granulated sugar until it strings, and cool. Into this put one quart of currants, stemmed and strained, but retaining the skins, and the juice of two oranges. Freeze very slowly. In fact, it is much better to pack this in the freezer and allow to stand a full hour before turning the dasher. To the less acid fruits, add lemon and orange in equal parts. Makes two quarts.

GRAPE SHERBET

- | | |
|----------------------|--------------------------|
| 1 cup of grape-juice | Juice of 1 lemon |
| Juice of 1 orange | 1 cup of sugar |
| 1 pt. of water | 1 dessertspoon of Larkin |
| | Gelatine |

Moisten the gelatine in a portion of the water; heat the remainder to boiling. Pour over the softened gelatine, add sugar and juices and freeze in the usual way. Makes one quart.



LEMON ICE

Juice of 2 lemons
1 pint of milk
1 cup of sugar
Grated yellow rind of $\frac{1}{2}$ lemon

Put all in freezer and freeze. Makes one quart.

STRAWBERRY ICE

2 cups of sugar
1 qt. strawberries
1 lemon
2 cups of water
1 orange

Make syrup of sugar and water, and cool. Add strawberries mashed with the orange- and lemon-juice. Freeze slowly and repack. Makes two quarts.

STRAWBERRY PARFAIT

2 cups of sugar
 $\frac{1}{2}$ cup double cream
1 lemon
1 cup of water
1 qt. of strawberries
1 orange

Boil sugar and water until it will string. Mash strawberries through sieve, and with the juice of the lemon and orange, add to cooled syrup. Add cream, whipped, and freeze slowly but not too hard. Take out dasher and pack. Let season for two hours. Makes two quarts.

VANILLA MOUSSE

1 pt. of cream
1 teaspoon of Larkin Vanilla
Flavoring Extract
 $\frac{1}{2}$ cup of sugar
 $\frac{1}{2}$ cup sultana raisins

Whip cream thoroughly. Add sugar and vanilla, and a very little Larkin Cherry-Red Paste Color. Add raisins and pack in a melon-mold. Pack mold in ice and salt for six hours. Makes one quart.

BISCUIT TORTONI

4 cups whipped and drained
cream
Yolks of 5 eggs
2 tablespoons chopped
blanched almonds
 $\frac{1}{2}$ tablespoon Larkin Almond Flavoring Extract
1 cup powdered sugar
1 cup water
 $\frac{1}{2}$ cup powdered macaroons
4 tablespoons sherry
2 tablespoons candied cherries

Boil sugar and water twenty minutes. Beat the yolks of eggs well and into hot syrup. Cook five minutes in a double boiler, beating constantly, and cool. Chop macaroons, almonds and cherries until very fine. Add wine and flavoring extract to egg, add to cream and sprinkle in fruit and macaroons. Pack in mold and pack in ice and salt. Makes two one-quart molds.

MAPLE PARFAIT

$\frac{1}{2}$ pt. of cream
 $\frac{1}{2}$ cup of granulated sugar
 $\frac{1}{2}$ cup of nuts
2 eggs
 $\frac{1}{2}$ pt. of maple syrup
Pinch of Larkin Table Salt

Heat the syrup. Beat sugar and yolks of eggs until light and pour syrup over them. Whip the cream. Beat whites of eggs and mix. Add syrup to cream. Put in freezer, add nuts and freeze. Serve in glasses. Makes one quart.



CANNING AND PRESERVING

"MUST BE SUGARED."—*Kipling.*

PRESERVATION of food-stuffs for use when the fresh supply is exhausted has been one of man's instincts from earliest times. There have been three modes—by salt, acid, and sugar. The use of salt as a preservative is shown in the old preparation of meats; that of acid, in the various pickle compounds; and of sugar, by the conservation of fruits.

This general process of stopping fermentation by means of sugar is divided into five groups, known as canning, preserving, making of marmalades, of jellies, and conserving or crystallizing.



Larkin Paring Knife
for vegetables and fruit

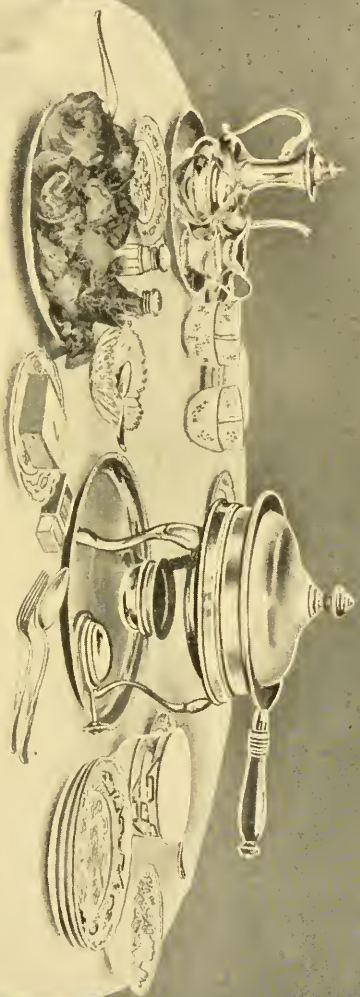
Canning is the process by which the fruit is prepared with the addition of as little sugar as possible. This is the simplest form, and is done in two distinct ways: first by cooking the fruit; second by packing the raw fruit into the cans, sealing, steaming until the fruit is transparent, and adding a syrup made by boiling sugar and water.

Preserving is the cooking of fruit in an equal weight of sugar-syrup until transparent. These ingredients should be most carefully weighed.

Marmalade differs from preserves in that the fruit is cooked with a small portion of water and strained through a colander; then sugar is added and the whole is cooked below the boiling-point until sufficiently thick.

Jelly is made by using the juice of the fruit with an equal weight of sugar, and cooking until the proper consistency is obtained.

Conserving is done by cooking the fruit in the boiling syrup, draining, rolling in granulated sugar and drying or allowing the moisture to evaporate.



THE CHAFING DISH AND ITS ACCOMPANIMENTS

Among the utensils essential for use in proper preserving of fruits are scales, measuring-cups, agate-ware saucepans, earthen or agate-ware bowls, silver or agate spoons, an agate colander, small dipper and funnel, jars with new rubbers and covers, glasses for jelly, and a jelly-bag. It is needful that each of these be, if not absolutely new, in immaculate condition.

There are a few general directions that apply in all these processes. Berries, cherries, currants, and other small fruits are washed thoroughly in the colander. To remove the skins of plums and peaches, scald the fruit and rub off the skins. Pears and peaches are halved and freed from cores or stones.

All fruits for preserves may be kept in shape by putting them into boiling syrup; this prevents loss of form.

PEACH PRESERVES

Pare and stone the desired quantity of fruit. Weigh and allow an equal portion of sugar. For each pound of sugar, allow one-half pint of water and the juice of one lemon. Make a syrup of the sugar, water and lemon-juice, and when it nearly strings or is at the proper density, put the fruit in carefully, being sure the kettle is sufficiently large so that the fruit is not crowded. Cook below boiling until the peaches are transparent. Pour into hot glasses and cool. Cover with paper, gluing securely to the glass.

PEACH MARMALADE

Use the same proportions as in the preceding. Cook the fruit and water until the fruit is soft. Put through a colander and add the sugar and lemon-juice. Cook below boiling-point until the marmalade will stiffen upon cooling in a dish. Put into glasses same as the preserves.

PEARS PRESERVED WITH GINGER-ROOT

The proportion of fruit, sugar, water and lemon is the same as above, adding two ounces of ginger-root to a pound of fruit. Prepare the syrup with the sugar and water. Add the grated rind of half the lemons, the juice of all and the ginger broken into small pieces. When the syrup will nearly string, add the halved fruit and cook until transparent.



PRESERVED CHERRIES

Allow one pound of sugar and one cup of water to each pound of fruit. Make a syrup of the sugar and water and when boiling briskly add the cherries, stoned, being careful to put them in without breaking. Cook until transparent.

SPICED CHERRIES

To each pound of fruit, allow the same quantity of sugar, one-half cup of water, one-fourth cup of vinegar, one teaspoon of cloves. Make a syrup of the sugar, water, vinegar and spice. Add the cherries and cook.

CURRENT-AND-RASPBERRY JELLY

Allow two pounds of currants to one pound of raspberries, one pint of water and one and one-half pounds of sugar. Stem and clean the fruit. Add the water to the fruit and cook. Put into a jelly-bag, made of two thicknesses of cheese-cloth, and let drain over night. In the morning, measure juice and add an equal quantity of sugar. There should be one and one-half pints from the quantity given. Boil rapidly until the fruit will jell when tried in a spoon or on a dish.

CURRENT JELLY

Use the same proportions as in the preceding, using all currants instead of currants and berries. This makes a darker, heavier jelly than the combination of currants and berries.

CURRENT-AND-ORANGE PRESERVE

1 lb. currants

$\frac{3}{4}$ lb. sugar

2 small oranges

1 cup of water

Grate the rind of the orange, and add it to the currants, sugar and water. Cut the oranges into very small pieces and add. Cook until thick. Put into glasses and seal as jelly is sealed.

CRANBERRY JELLY

Pick over and wash four cups of cranberries. Put into a kettle with one cup of cold water. Bring to boiling-point and cook twenty minutes. Rub through a sieve; add two cups of sugar. Cook five minutes and mold.

BAKED APPLES

Core and pare sour apples. Place them in a baking-dish and fill the cavities with sugar and Larkin Cinnamon or Larkin Nutmeg. Allow one-half cup of sugar and one-fourth teaspoon of Cinnamon or Nutmeg to eight apples. Bake in hot oven till soft. Serve with cream.

BAKED APPLES

Choose apples of equal size, greenings or baldwins preferred. Wash and wipe them dry. Pare thin with a sharp knife, and remove the core; do this with an apple-corer if you have one, if not, use an ordinary sharp paring-knife, being careful not to cut away too much of the apple. Place in a pan, stem-end down, and into the cavity put four raisins or two stoned dates, and a teaspoon of sugar; sprinkle more sugar, perhaps three tablespoons, over the outside of the apples, together with some Larkin Cinnamon or Larkin Nutmeg if you like it. For six apples, use about half a cup of water in the pan. Bake in a moderate oven until soft but not mushy. Serve these warm for dessert instead of preserves, using cream with them, if possible.



BEVERAGES

"DRINK, PRETTY CREATURE, DRINK."—*Wordsworth.*

TEA

To brew tea. Use an earthen teapot, freshly boiled water, one teaspoon of a preferred Larkin Tea to each cup and one spoon for the pot. Rinse the pot with hot water, put in the required amount of tea. Pour the water over this and allow it to stand from three to five minutes, but not to boil. Use at once.

COFFEE

There are two methods of making coffee successfully, one with fresh-drawn boiling water, the other with cold water. In each case the proportions are the same. One tablespoon of ground coffee to each cup and one for the pot. Coffee that is ground as it is needed will make a better drink than can be made from coffee ground in advance. Any ground coffee constantly loses strength and flavor because the aroma developed by roasting is very volatile and dissipates readily when the bean is broken. Always keep coffee in air-tight cans.

COFFEE MADE WITH BOILING WATER

Pour fresh-drawn boiling water over the coffee and bring to a boil, boiling from three to five minutes. Add two tablespoons of cold water and allow the coffee to stand for three or four minutes to settle before serving.

COFFEE MADE WITH COLD WATER

Put the coffee into the coffee-pot with the white or the clean shell of an egg. Cover with cold water and allow it to come to a boil. Pour on the required amount of boiling water for the desired number of cups and add two tablespoons of cold water. Allow to stand three or four minutes to settle.

FILTERED COFFEE

Into the inner part of a French coffee-pot or percolator, put the required quantity of ground coffee. Pour over this the necessary quantity of water and allow to stand for about five minutes where it will keep hot but not boil.

CHOCOLATE

2 ounces Larkin 1 cup boiling water
Unsweetened Chocolate
4 tablespoons sugar 3 cups scalded milk

Melt Chocolate over hot water, add sugar and boiling water; stir until smooth and glossy; let cook five or six minutes. Add part of milk and when well mixed, add rest of milk. Beat thoroughly with egg-beater to prevent skin from forming over top. Let stand five minutes and serve with whipped cream.



COCOA

Allow one teaspoon of Larkin Cocoa for each cup desired. Mix with the same quantity of sugar in a dry agate pan. Add one cup of boiling water for each teaspoon of cocoa. Blend thoroughly and bring to a boil. Add a pinch of Larkin Table Salt, one-fourth teaspoon of Larkin Vanilla Flavoring Extract for every two teaspoons of cocoa. Take from fire and add milk or cream.

LARKIN ROASTED CEREAL

A Substitute for Coffee

Pour one cup of fresh boiling water over one level tablespoon of Larkin Roasted Cereal for each cup wanted. Boil slowly for fifteen minutes and settle with two tablespoons of cold water. Serve with cream or hot milk.

Three-fourths Larkin Roasted Cereal to one-fourth Larkin Coffee may be used when the taste of the coffee without its full strength is desired. In making, let boil slowly as directed.

FRUIT CUP

Five tablespoons of Larkin Ceylon Tea infused in a quart of boiling water. Let stand for five minutes and then pour over two pounds of granulated sugar. Cook this into a thick syrup. Cool and add to the strained juice of six lemons, six oranges, one pineapple, one quart of berries. The fruit may be varied according to the season. Add one teaspoon of Larkin Vanilla and one teaspoon of Larkin Almond Flavoring Extract. When ready to serve, add a quart of any good mineral water or a quart of iced water, and serve cold. This formula will make a gallon of liquid, and the quantity may be increased or diminished according to one's need.

ICED TEA

Make a strong infusion of Larkin Ceylon Tea; allow it to stand not more than three minutes and pour from the pot, as it will grow bitter if the leaves are left in. Add sugar and lemon-juice to taste. Often orange-juice is added also. This makes a very refreshing drink for the warm season.

LARKIN ROOT BEER

Dissolve four pounds of granulated sugar in five gallons of lukewarm water, add one bottle of Larkin Root Beer Extract and from one-half to a whole cake of either dry yeast or compressed yeast. During cooler months, increase quantity of yeast. Mix thoroughly and put into strong bottles or jugs, securely corking and tying. Set in a warm place until it becomes effervescent. It is ready for use in from ten to twelve hours, but improves if allowed to stand several days. Store in a cool place, and serve cold.



THE CHAFING-DISH

"SUCH STUFF AS DREAMS ARE MADE OF."—*Shakespeare.*

THE chafing-dish comes down to us through a period of at least two thousand years. It was not always in the convenient form of today, but has gone through very interesting stages of development.

The present dish comprises the standard, the alcohol lamp, the hot-water pan, and the blazer. There should also be a nickel tray, and the proper utensils to use with them are a wooden spoon and fork, as these do not scratch the dish. Unless the user of the chafing-dish is an expert, it is unwise to use the blazer for delicate cookery without the hot-water pan.

For convenience there is nothing more useful than a chafing-dish; being portable, it may be the source of much pleasure. Informality and congeniality are always attendant upon the chafing-dish supper.

WELSH RAREBIT

1 lb. creamery cheese	1½ cups of milk
2 eggs	1 tablespoon of butter
2 tablespoons of Larkin Corn Starch	½ teaspoon of Larkin Table Salt
½ teaspoon of Larkin White Pepper	1 teaspoon of Larkin Mustard
	⅓ teaspoon of Larkin Cayenne Pepper
2 teaspoons of Worcestershire sauce	

Put the cheese, butter and milk into the blazer. Stir while it is melting, being careful that the mixture does not boil, as it will curdle. Mix the Corn Starch, Salt, Pepper, Mustard, and moisten with a small portion of the milk. When the cheese is entirely melted stir in the Corn Starch. Add the Worcestershire, and finally stir in the beaten eggs. Stir until entirely blended.



CREAMED EGGS

Make a Cream sauce of two tablespoons of butter, two of flour, one pint of milk. Add to this six hard-boiled eggs cut into slices, and heat thoroughly.

EGGS POACHED IN TOMATO SAUCE

Make Tomato Sauce in the blazer, according to recipe on page 27, and keep it hot by filling the hot-water pan with boiling water. Break six eggs on a plate and slide them into the blazer carefully. Baste them with the sauce so that the tops and bottoms will be equally congealed. One pint of sauce will do nicely for six eggs.

Serve on squares of toast and sprinkle with grated cheese.

SCRAMBLED EGGS WITH TOMATOES

Heat one pint of tomatoes, and season with two teaspoons of Larkin Table Salt, one-eighth teaspoon of Larkin White Pepper, and two tablespoons of butter. When this is boiling, pour into it six eggs, slightly beaten. Cook until of a creamy consistency, stirring constantly, being sure that the mixture is stirred from the bottom. Serve on toast.

EGGS A LA SUISSE

Melt one tablespoon of butter in the blazer, add one-half cup of cream, and when the cream reaches the boiling-point, carefully slip in four eggs. Place the blazer over the hot-water pan, and sprinkle with Larkin Table Salt and Larkin White Pepper. When the whites are nearly firm, sprinkle with grated cheese. Finish cooking and serve on rounds of buttered toast. Pour remaining cream over them.

DEVEILED OYSTERS

Into the blazer of a chafing-dish put two tablespoons of butter. Melt and add one-eighth of a teaspoon of Larkin Cayenne Pepper, two teaspoons of Larkin Table Salt and two teaspoons of Worcestershire sauce. Blend well, and when thoroughly heated, add the oysters, a few at a time, cooking until the gills curl and the oysters are plump. Take from the sauce and serve very hot.

PANNED OYSTERS

Use one quart oysters. Heat the blazer and throw the oysters into it. Stir constantly until the gills curl and the liquid boils. Add two tablespoons of butter, a teaspoon of Larkin Table Salt, one-eighth teaspoon of Larkin White Pepper. Serve immediately.

CREAMED OYSTERS

Make a thick White Sauce according to the recipe on page 26, and add a slight flavoring of onion. Put the blazer into the hot-water pan, and the oysters into the cream sauce. Cook until plump and serve on toast, in crustades or paté shells.



PIGS IN BLANKETS

Choose good-sized, plump oysters. Wash, drain and wipe dry. Select some good bacon, and cut very thin. Wrap a piece of this about an oyster, and fasten each with a tooth pick. Drop these into a hot frying-pan, turning until crisp on all sides. Season with pepper and serve very hot. These "pigs in blankets" may be made to advantage in a chafing-dish, and are tasty tidbits for a supper-party.

LOBSTER NEWBURG

If canned lobster is used, use a pound can; separate the pieces carefully and put into the blazer in which two tablespoons of butter have been heated. Thoroughly heat the lobster, and season with one teaspoon of Larkin Table Salt, one-fourth teaspoon of Larkin Nutmeg and a few grains of Larkin Cayenne Pepper. Add two eggs, well beaten with one-half cup of cream. Stir until the eggs are cooked, and serve at once on toast.

CREAMED LOBSTER

Use the Cream-Sauce recipe given on page 26, making it in the blazer. Put the lobster (one-half pound will do with the amount of Cream Sauce given) into the sauce, put the blazer into the hot-water pan, half filled with hot water, and allow the lobster to heat thoroughly.

CREAMED SALMON

For this make the Cream Sauce heavier by using two tablespoons of butter and an equal amount of flour with a cup of milk. Into this put the contents of a can of salmon free from bones, skin and fat. Heat thoroughly, season with one teaspoon of Larkin Table Salt and one-eighth teaspoon of Larkin Pepper, and add two eggs beaten. Stir constantly until eggs are cooked, and serve at once. Sometimes a small amount of lemon-juice is added at the last to change the flavor.

CHICKEN A LA KING

Cut the meat from one three-pound chicken into half-inch dice.

Put four tablespoons of butter into the blazer of a chafing-dish, with a pimento cut into fine pieces. Cook for five minutes and add four tablespoons of flour. Add one pint of hot milk or cream to make a thick sauce. Add another pimento cut into small pieces, a can of button mushrooms and the chicken. Season with Larkin Table Salt. Put the blazer into the hot-water pan and cook until all are thoroughly done and very hot. Serve on toast.



MISCELLANEOUS

"A SNAPPER-UP OF UNCONSIDERED TRIFLES."

SALMON LOAF

- | | |
|---|-------------------------------------|
| 1 can of salmon | $\frac{2}{3}$ cup of cracker crumbs |
| $\frac{3}{4}$ cup of milk | 2 eggs |
| 1 tablespoon of butter | 1 teaspoon Larkin Table Salt |
| $\frac{1}{4}$ teaspoon of Larkin Pepper | |

Beat lemon into eggs. Put the fish and crackers into the dish in layers, and steam an hour. Serve with cream sauce.

DEVILED EGGS

- | | |
|--|------------------------|
| $\frac{1}{2}$ doz. hard boiled eggs | 1 tablespoon of butter |
| Larkin Table Salt, Larkin Pepper and Larkin Mustard to taste | |

Cut lengthwise, remove the yolks and mash, adding salt, pepper, mustard, butter and enough vinegar to make a paste. Rub smooth and return yolks to the whites.

Excellent for picnic-lunch or for light supper-dish.

CHEESE FONDUE

- | | |
|---|-------------------------------|
| 1 cup of bread crumbs | 2 cups of grated cheese (old) |
| 3 eggs | $\frac{1}{2}$ cup of milk |
| $\frac{1}{4}$ teaspoon of Larkin Soda | 1 tablespoon of butter |
| $\frac{1}{2}$ teaspoon of Larkin Table Salt | |

Soak the bread crumbs in the milk. Add eggs, cheese and melted butter; lastly, soda, dissolved in hot water. Pour into a baking-dish and bake twenty minutes.

SALTED ALMONDS

Shell and blanch the required amount of almonds, for every half-pound allowing three tablespoons of olive oil. Heat the oil in a frying-pan or the blazer of a chafing-dish to blue heat, and put in the almonds. Gently stir until all are equally brown. Take from pan and place upon absorbent paper. When the paper has absorbed the excess of oil, sprinkle them with salt. Cool and serve cold.

SALTED PEANUTS

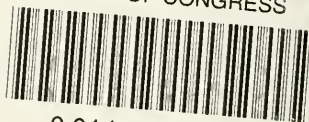
To one-half pound of shelled peanuts, allow two tablespoons of olive oil. Less olive oil is needed for peanuts than for almonds because the volatile oil of the peanuts is freer than the oil of the almonds. Method of browning is the same as for the almonds.



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